

INSTRUCTIONS

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PATIENT INSTRUCTIONS

OSLGPCMVS40
OSLGPCMVS47

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Signature					
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DOCUMENTS

Capitolo 1 SCOPE AND APPLICABILITY

These OI have been drawn up to provide patients with the exact methods of collecting the various biological materials and preparing them for venous sampling.

1.1 URINE

Use a wide-mouth container or the appropriate test tube; in the case of a pot delivery, the nurse will transfer the sample into the appropriately labelled test tube. Under no circumstances should the patient handle the sample.

Collect the urine of the first urination in the morning.

Laboratory personnel are available, upon request, to provide the suitable container for collection.

The container must be labeled with the patient's name, surname, and date of birth. Inappropriate containers or those containing insufficient material will not be accepted, and the patient will be contacted by an operator and asked to repeat the collection.

1.2 24-HOUR URINE

Use a suitable container.

Discard the first urine of the morning. Collect all the urine of the day and the first of the next day. During the day of collection, urine should be stored in the refrigerator. This container (one or more, if necessary) must be handed in at the collection point on the day of the test,

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where the healthcare provider will aliquot it into the test tube, taking care to mark the diuresis on it. Under no circumstances should the patient handle the sample.

Laboratory personnel are available, upon request, to provide the suitable container for collection.

Inappropriate containers or those containing insufficient material will not be accepted, and the patient will be contacted by an operator and asked to repeat the collection.

For the tests listed below, before starting the collection, approximately 10 mL of hydrochloric acid (non-scented) available commercially must be added to the container. The 24-hour urine collection should proceed as described above while ensuring the presence of acid. Securely close the container, ensuring that the closure is perfectly sealed, and record the name, surname, and date on the label. Deliver the sample to the laboratory. Inappropriate containers will not be accepted, and the patient will be contacted by an operator and asked to repeat the collection.

Tests requiring the addition of a preservative:

Catecholamines (Adrenaline, Noradrenaline, Dopamine).

Vanillylmandelic Acid.

Homovanillic Acid.

5-Hydroxyindoleacetic Acid.

Metanephrines Normetanephrine.

Calcium.

Magnesium.

1.3 URINE CULTURE

Use a sterile, wide-mouthed container.

Before proceeding with the collection, (first urination in the morning) observe the following precautions:

- Wash hands thoroughly with soap and water
- Thoroughly clean the external genitals with soap and water and rinse carefully.
- Taking care not to touch the inner walls of the container, collect the second half of the urine.

Deliver the urine to the laboratory as soon as possible, always specifying the name, surname, and date of birth on the container label.

Laboratory personnel are available, upon request, to provide the suitable container for collection.

Inappropriate containers will not be accepted, particularly non-sterile ones, and the patient will be contacted by an operator and invited to repeat the collection.

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PATIENT INSTRUCTIONS***1.4 URINARY CYTOLOGY.***

For the urine sample collection, obtain a sterile wide-mouth container. The collection cannot be performed during menstruation. The sample must be delivered to the laboratory as soon as possible. Collect the second urine of the day following this procedure:

1. Wash and dry the genital organs thoroughly;
2. Discard the first stream of urine;
3. Collect urine directly in the sterile container;
4. Deliver the sample to the laboratory as soon as possible and do not expose it to high temperatures;
5. The patient must complete the attached form MODCIT0 1.5 dated 3.12.2019.

***1.5 STOOL FOR EXAMINATION: COMPLETE PHYSICAL CHEMISTRY,
PARASITE DETECTION, OCCULT BLOOD DETECTION,
COPROCULTURE***

Use a suitable container with a scoop and collect a small amount of faeces.

If delivery to the laboratory does not take place on the same day as collection, keep the sample in the refrigerator.

It is good practice to always specify the name, surname, and date of birth on the container label. Inappropriate containers will not be accepted, and the patient will be contacted by an operator and invited to repeat the collection.

1.6 SCOTCH TEST – PATIENT INSTRUCTIONS

Pinworms are white worms, about 1 cm long, very mobile. They cause anal itching (especially at night) and sometimes, in females, also in the vulvar area. The parents must collect samples for the examination (usually 3) when they wake up, before washing the child, and hand them into the laboratory.

Equipment, provided by the laboratory:

Microscope slides

Stick (tongue-depressor type)

A piece of transparent scotch

How to proceed:

Prepare a well-cleaned slide

Cut a piece of tape 5–6 cm long

Fold the tape over the tip of the tongue depressor (with the adhesive side facing outwards) and grasp the stick at the base of the tape (A)

Spread the child's buttocks, then touch the anal area 5–6 times with the tape (B)



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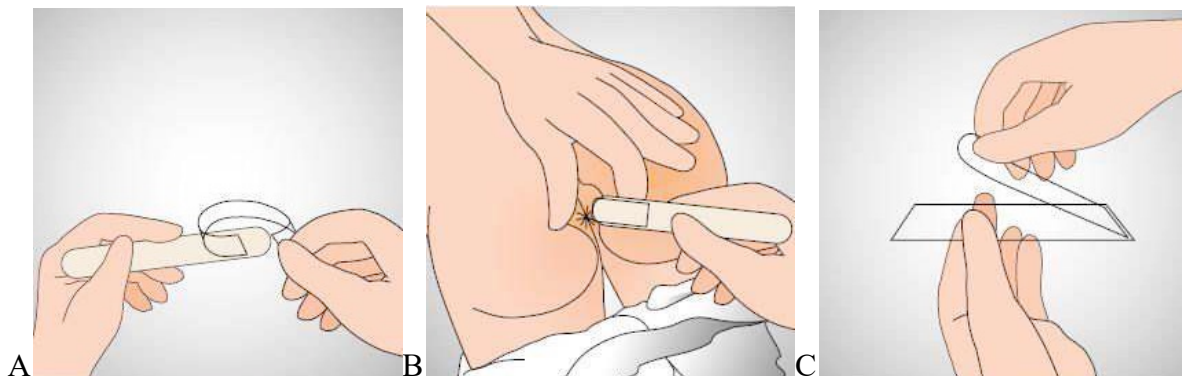
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Place the tip of the stick in the centre of the slide, affix the adhesive tape on the slide (ON ONE SIDE OF THE SLIDE ONLY!), making sure it adheres well to the slide (air bubbles should be avoided) (C)

Wash hands thoroughly (EGGS ARE INFECTIOUS)

Store the slides at room temperature before delivery to the laboratory.



IMPORTANT: THE ADHESIVE TAPE MUST BE OF THE TRANSPARENT, NON-WRITABLE, NON-PAPER TYPE

1.7 SPUTUM

Use a sterile, wide-mouthed container.

In the morning on an empty stomach, perform a proper cleaning of the oral cavity and collect the material. It must come from the lower airways and not be contaminated by saliva.

1.8 SEMINAL FLUID COLLECTION

The collection can be carried out at home, in a sterile container.

Before starting the collection process, it is necessary to urinate in order to remove any bacteria present in the urethra. To avoid contamination by the normal bacterial flora of the urethral meatus and hands, the collection must be preceded by a thorough washing of the periurethral area and hands.

The sample must be delivered to the laboratory as soon as possible. Inappropriate containers, particularly non-sterile ones, will not be accepted, and the patient will be contacted by an operator and invited to repeat the collection.

NOTE: FOR ALL THE ABOVE TESTS, THE LABORATORY WILL PROVIDE, IF REQUESTED BY THE PATIENT, THE CONTAINERS SUITABLE FOR COLLECTION.



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1.9 BASELINE VENOUS SAMPLING

In order to guarantee the reliability of the analysis results, it is necessary to take the sample after fasting for at least 8 to 12 hours for all analytes, except for examinations carried out on an emergency basis for nursing home patients. In this case, the lack of the fasting condition must be reported to the laboratory so that the operators proceed to insert the comment "patient not fasting" in the report.

During fasting, the patient must also abstain from drinking sugary drinks, coffee, alcohol, and avoid smoking.

Only moderate amounts of water are permitted to be drunk.

In this timeframe, it is also good to avoid intense physical exertion.

In the days leading up to the sampling, it is necessary to stick to your usual diet.

In case of long-term medication use or therapies (e.g., thyroid medications, cardiovascular issues, etc.), it is necessary to follow the instructions of the primary care physician before performing the sample collection.

1.10 GLYCAEMIA

The sample must be taken under baseline conditions, i.e., fasting, from 8 to 12 hours.

1.10.1 GLYCAEMIC AND/OR INSULIN PROFILE

The first sample is taken under baseline conditions (fasting).

The patient must then eat breakfast and undergo consecutive samples, within the time required by the attending physician. (As a rule, the post-prandial sample must be taken 2 hours after the meal).

1.10.2 LOAD CURVE

The patient must remain at the disposal of the laboratory for 3 hours.

The glycaemic and/or insulinemic curve requires a stay in the laboratory for about 3 hours, taking 3 to 6 samples, depending on the doctor's request.

During the exam:

It is not possible to leave the Laboratory's Blood Collection Centre, smoking, food intake and exercise are not permitted.

Before proceeding with the glucose load, it is necessary to evaluate the glycemic value in a fasting condition using a glucometer after finger prick. The glucometer value must be recorded by the collector on the request form and on the collection tube at Time (0).

To proceed with the load, the glycemic value obtained with the glucometer must not exceed 125 mg/dL (check on display).

- The first sample is taken under baseline conditions (fasting) (**T= 0**).
- The patient is given 75 g of glucose.

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- Four consecutive samples are taken every 30 minutes (**T=30 – T=60 – T=90 – T=120**).
- The last sample is taken after 1 hour (**T= 180**).

In case of vomiting, notify the operators.

1.10.3 LOAD CURVE IN PREGNANCY

- a. **75 g load curve (150 ml of 50% glucose) with three samples, one at baseline, one after 1 hour and one after 2 hours.**

Before proceeding with glucose loading, it is advisable to determine the fasting glycaemic value with a glucose meter after finger pricking. The glucometer value must be recorded by the collector on the request form and on the collection tube at Time (0).

The glycaemic value must not exceed 125 mg/dL (check on the display)

In summary

Load curve (man and non-pregnant woman)	75 g glucose (150 ml of 50% glucose)	The glycaemic value must not exceed 125 mg/dL (check on the display)	T 0, T 30, T 60, T 90, T 120, T180
Load curve in pregnancy (according to April 2010 guidelines)	75 g glucose (150 ml of 50% glucose)	The glycaemic value must not exceed 125 mg/dL (check on the display)	T 0, T 60, T 120

The Lombardy Region, with Resolution XII/3510 dated 02/12/2024, has established a new program for screening gestational diabetes. The project is aimed at women residing in the Region and will be valid for two years (from January 2025 to December 2026) and includes:

Glucose load test in pregnancy (according to Resolution XII/3510)	Glucose 75 g (150 mL of 50% glucose)	The glycemic value must not exceed 125 mg/dL (check on display)	T 0, T 60, T 120, T180
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1.11 ORTHOSTATIC AND CLINOSTATIC TEST.

For tests that require a sample collection in the clinostatic position (e.g., Renin, Aldosterone, etc.), a stay at the laboratory for about 2 hours is necessary. The test is performed after a 2-hour stabilization period in a supine position.

1.12 BREATH TEST FOR *Helicobacter pylori***EXAM PREPARATION:**

You must have **fasted for at least 8 hours**.

You must **not have smoked for at least 8 hours**.

In the **previous four weeks**, **antibiotics and bismuth salts should be avoided**; proton pump inhibitor **drugs (omeprazole, lansoprazole and pantoprazole)** should also not be taken.

In the previous **six days**, **the following must not be taken**: H2 antagonists (**cimetidine, ranitidine, famotidine, nizatidine**), **antacids and sucralfate**, **foods containing corn** (polenta, breakfast products with mixed cereals, corn bread, etc.).

The test can also be carried out on pregnant women and children.

There are no known side effects.

During the examination, the patient must remain at rest, without eating or drinking, without smoking, without taking medication.

The result may be invalidated by taking drugs (listed in the table) which affect *Helicobacter pylori* or urease in the preceding weeks and should therefore be discontinued.

TABLE OF DRUGS TO BE DISCONTINUED:

ANTRA (Omeprazole)
BIOMAG (Cimetidine)
BRUMETIDINA (Cimetidine)
CRONIZAT (Nizatidine)
DINA (Cimetidine)
EURECEPTOR (Cimetidine)
FAMODIL (Famotidine)
GASTRIDIN (Famotidine)
LANSOX (Lansoprazole)
LEBLON (Pirenzepine)
LIMPIDEX (Lansoprazole)
LOSEX (Omeprazole)
MEPRAL (Omeprazole)
NIZAX (Nizatidine)
NOTUL (Cimetidine Hydrochloride)
OMEPRAZEN (Omeprazole)
PANTECTA (Pantoprazole)

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PANTOPAN (Pantoprazole)
PANTORC (Pantoprazole)
PARIET (Rabeprazole)
PEPTAZOLO (Pantoprazole)
RANIBEL (Ranitidine)
RANIBLOC (Ranitidine)
RANIDIL (Ranitidine)
STOMET (Cimetidine)
TAGAMET (Cimetidine)
TEMIC (Cimetidine)
ULCEDIN (Cimetidine)
ULCESTOP (Cimetidine Hydrochloride)
ULCEX (Ranitidine)
ULCODINA (Cimetidine)
ULCOMEDINA (Cimetidine)
ULIS (Cimetidine)
ZANIZAL (Nizatidine)
ZANTAC (Ranitidine)
ZOTON (Lansoprazole)

- *Exam duration: 30 minutes*

2. LIABILITY

OA, IP, BIO and TL are responsible for informing patients
And giving them these OI.

3. REFERENCE AND REGISTRATION DOCUMENTS

NO

4. DISTRIBUTION LIST

RAL, TL, OA, IP