

PREPARING FOR LABORATORY TESTS

Blood sample

- You should avoid alcohol and vigorous physical exercise the day before the collection of samples.
- An analysis that requires fasting is identified as a small f-letter in front of the abbreviation (e.g. fS-Gluk). You may not eat, drink or smoke for 10-12 hours before the collection of samples. In the morning before the collection of samples you may drink one glass of water.
- You may not drink coffee, tea or alcohol in the evening after 22.00 o'clock before the collection of samples. Please note that natural products, vitamins and smoking are also forbidden after 22.00 o'clock.
- You may take your morning medications, unless the doctor has given you other instructions. Note! The blood test S-T4-V. This blood test should be taken before you take your thyroxine medication. Medicament (concentration). You may not take your medication, because the blood test should be collected before the medicine is taken.
- In the morning of the sampling day you should be awake at least one hour before sample collection and you should avoid physical exercise. Please sit before sample collection for about 15 minutes to normalise your blood circulation.

Urine sample/ mid-stream urine

Do not urinate for 4 hours before sample collection. If you have acute urinary tract infection and you are unable to refrain urine, just hold your urine for as long as you can before providing the sample.

Throat sample

You may not eat or drink for half an hour before sampling. You may not use mouthwash or other products that disinfect the throat before sampling.