

Preparing for laboratory tests

These guidelines will help you prepare correctly for laboratory tests and ensure reliable results.

Blood sample

- **Coffee, Tea, Alcohol, Smoking and Exercise:** Avoid strenuous exercise and alcohol on the day before the sample collection. Do not consume coffee, tea, natural products or vitamins after 10:00 PM on the previous evening. Please note that smoking is also forbidden after 10:00 PM.
- **Fasting:** Tests that require fasting are indicated with a lowercase “f” (e.g., fS-Glucose). Refrain from eating and drinking, or smoking for 10-12 hours before the sample is taken. In the morning before the collection of samples you may drink one glass of water.
- **Medication:** Take your morning medication unless instructed otherwise by your doctor. Note that the S-T4-V blood test should be done before taking thyroxine medication. Medicament (concentration): You may not take your medication, because the blood sample 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. Before sample collection, please **sit for about 15 minutes** to normalize your blood circulation

Urine sample / mid-stream urine

Do not urinate for 4 hours before sample collection. If you have an acute urinary tract infection and cannot refrain from urinating, simply hold your urine for as long as possible 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.