

PATIENT INSTRUCTIONS

It is important to follow instruction listed below to ensure accurate results from a diagnostic test. If instructions are not followed, testing may need to be repeated. Please don't hesitate to ask additional questions about preparing for or completing a specific test. You can call the laboratory at 225-924-8271.

FASTING INSTRUCTIONS

Please consult with your physician regarding fasting recommendations.

An overnight fast is required for most fasting specimens. Some tests require further dietary restrictions. For these tests, refrain from all food and drink except water for 10-14 hours prior to specimen collection. The evening before the specimen is drawn, the meal should contain no fatty foods or alcohol. You may continue to take your medications unless your physician says otherwise.

FASTING TESTS:

Preferred fasting: 1-hour Glucose Testing, Transferrin, H. pylori

Tests that require a 10-hour fast: Glucose Tolerance Testing, Glucose/Insulin (GTTINGS) Testing, Lipid Panel

Specialized Tests: 5HIAA- Serum, ALKPISO- Alk Phos, IsoEnzymes, GH-Human Growth Hormone, Leptin, Pancreatic Polypeptide

Tests that require a 12-hour fast:

Specialized Tests: Gastrin, Inhibin A, Proinsulin (12-15 hour fast), VIP-Vasoactive Intestinal Peptide, Vitamin A

Pancreastain- You should not be on any medications that may influence insulin levels, if possible, for at least 48 hours prior to collection.

EARLY MORNING TESTS:

Tests that require collection between the hours of 7:00am – 10:00am: Glucose Tolerance Testing, Glucose/Insulin (GTTINGS) Testing, Lipid Panel

Cortisol, Salivary *Early Morning LAB	Do not collect specimen within 60 minutes after eating a meal, within 12 hours after consuming alcohol, immediately after brushing teeth or after any activity that may cause gums to bleed. Rinse mouth thoroughly with water 10 minutes before specimen collection. <i>**Recommended collection time is between 11:00 p.m. - 1:00 a.m.</i>
Serotonin	Abstain from medications for 72 hours prior to collection.
Urine 24 Hour Catecholamines *Refrigerate during collection.	If possible, you should discontinue all drugs at least 1 week prior to collection. (Check with your physician). Medications known to interfere with this assay include: Alpha-methyldopa (Aldomet), Isoproterenol, Labetalol, Mandelamine, Metaclopramide, Acetaminophen (high concentrations only), Cimetidine, and Catecholamine-containing drugs, MAO inhibitors, diuretics, vasodilators. Do not smoke or drink tea within 4hrs before collection, as this also may contain interfering substances.
Urine 24 Hour Metanephrines *Refrigerate during collection.	If possible, you should discontinue off medications for three days prior to collection. (Check with your physician). You should avoid tobacco, tea, coffee, for three days prior to specimen collection. Common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Medications which are alpha agonists (Aldomet), alpha blockers (Dibenzylamine) should be avoided 18-24 hours prior to specimen collection.
Urine Iodine *Refrigerate during collection.	Diet (such as seafood), medication, and nutritional supplements may introduce interfering substances. You are encouraged to discontinue nutritional supplements, vitamins, minerals, nonessential over-the-counter medications for 48 hours (upon the advice of your physician). In addition, the administration of iodine-based contrast media and drugs containing iodine may yield elevated results.
Urine 5-HIAA *Refrigerate during collection.	Patients should abstain, if possible, from medications (consult your physician), over-the-counter drugs, and herbal remedies for at least 72 hours prior to the test. Foods rich in serotonin (avocados, bananas, eggplant, pineapple, plums, tomatoes, walnuts) and medications that may affect metabolism of serotonin must be avoided at least 72 hours before and during collection of urine for HIAA.

CLEAN CATCH MIDSTREAM (CCMS) URINE COLLECTION

A clean-catch specimen is a way of collecting urine that contains less bacteria from the skin. Get the collection container/ wipes from you doctor's office or the outpatient laboratory in the Physician's Office Building.

For culture and routine urinalysis, please follow the clean catch midstream instructions listed below:

1. Wash hands thoroughly with soap and water. Dry completely.
2. Open towelettes.
3. Spread labia (folds of skin) apart with one hand and wipe **front to back** with the first towelette.
 - a. **Repeat** with second and third towelettes.
4. Continue holding the labia part. As you start to urinate, allow a small amount of urine to fall into the toilet first. (This clears the urethra of contaminants.)
Do not touch inside of cup. Container should not touch the genital area.

5. After the urine stream is well established, urinate into the cup. Once urine fills cup (try to fill cup to $\frac{3}{4}$ full), remove cup from urine stream.
6. Pass remaining urine into toilet. Discard towelettes into trashcan, not toilet.
7. Screw lid onto cup tightly, trying not to touch inside of lid or cup. Wipe/dry outside of cup with paper towel.
8. Label container with patient's full name, date of birth, date and time of collection.
9. Keep refrigerated until it can be transported to the laboratory.

24-HOUR URINE COLLECTION

This test is valid only if the collection includes all urine passed in a 24-hour period. If any of the urine passed during the 24 hours is not put into the collection container, the test will be inaccurate. Continue your normal diet, medication, and fluid intake regimen during the urine collection period, unless otherwise directed by your doctor.

Use the following procedure for the correct specimen collection and preparation.

1. Get the 24-hour urine collection container and white measuring bowl from you doctor's office or the outpatient laboratory in the Physician's Office Building.
2. To begin: Completely empty bladder, and discard this voided urine. **Start time for your 24hrs begins at this point.**
3. Write your start time on the brown collection container.
4. Collect all of the urine each time you urinate for the next 24hrs. Each time, urine should be collected in the white measuring bowl, and then transferred to the brown urine container.
Keep urine container refrigerated or on ice until you bring it to the lab.
5. Collect all urine voided within the next 24 hrs.
6. At the end of the 24hr period, collect your final urine specimen at the same time as the START time and add to brown urine container. Write completion time on container.
This completes the test.
7. Label container with full name, date of birth, start date and time, end date and time
8. Bring the brown urine container to the outpatient laboratory in the Physician Office Building.

AFTER HOURS: Patients must go to Admitting located at the main entrance of the hospital.

NOTE: Try to drink at least 1 glass of water every two hours during collection period.

Information Needed to Run Lab Work

- Date and time when you began and finished collection
- Height and weight: it is very important that your height and weight are accurate, as both are used in calculating your lab results.

If you have any questions about urine collection, call the laboratory at 924-8271.

STOOL COLLECTION

If the specimen cannot be delivered directly to the laboratory within 1 hour of collection, obtain collection kits with preservative from Woman's outpatient laboratory.

NOTE: Raw stool can be submitted in a sterile container.

SPECIMEN REQUIREMENTS

If possible, urinate before collecting stool specimen so as to avoid contaminating the stool specimen with urine. Catch the stool specimen in a clean, empty wide-mouthed container or place plastic wrap over the opening of the toilet bowl to prevent the stool specimen from falling into the bowl. Do not mix urine or water with the stool specimen. For diaper collected specimens, line the diaper with plastic wrap. **Do not submit the diaper.** Place small amounts of the stool specimen into the appropriate labeled containers.

NOTE: LABEL VIAL WITH: NAME, DATE OF BIRTH, DATE AND TIME OF COLLECTION

GI Panel:

Requirements: minimum volume 1 gram random formed or liquid raw stool

Container: Sterile container or clean, screw-capped, plastic vial

Specimens submitted for C/S Stool, Giardia, Cryptosporidium or Rotavirus will be ordered as a GI Panel.

(Includes the following tests: Campylobacter, Clostridium difficile A/B, Plesiomonas shigelloides, Salmonella, Vibrio, Yersinia, Diarrheagenic E-coli's, Shigella, Cryptosporidium, Entamoeba, Cyclospora, Giardia, Adenovirus, Astrovirus, Norovirus, Rotavirus, Sapovirus)

You must bring the stool specimens to the laboratory within 24 hours of the time the specimen was collected. The stool should be kept refrigerated.

Clostridium Difficile ONLY:

Requires a minimum volume 1 gram of raw liquid or unformed stool.

NOTE: Please note that formed stool will be rejected.

If ONLY Clostridium Difficile is ordered and NO OTHER TESTS, we will accept samples within a 24-hour period if kept refrigerated.

Lactoferrin(Fecal WBC Non-microscopic) ONLY:

Requirements: minimum volume 1 gram random formed or liquid raw stool

Container: Sterile container or clean, screw-capped, plastic vial

NOTE: Cary-Blair collection is also acceptable.

If ONLY a Lactoferrin is ordered we will accept samples up to 5 days if kept refrigerated.

Occult blood ONLY:

Requirements: minimum volume 1 gram random formed or liquid raw stool.

Container: Sterile container or clean, screw-capped, plastic vial

If ONLY an occult blood is ordered we will accept samples up to 5 days if kept refrigerated.

Pinworm ONLY:

Collection materials must be picked up at Woman's Hospital Outpatient Laboratory.

1. Make the collection in the morning before the patient gets out of bed.
2. Remove the paddle from the tube and identify the one side that is sticky.
3. Spread the buttocks and firmly press the sticky side of the paddle to each side of the anus.

NOTE: DO NOT insert the paddle into the rectum.

4. Place paddle back in the tube and firmly replace the cap.
***CAUTION:** Pinworm eggs are very infectious. Wash hands thoroughly with soap and warm water after collection.
5. Transport to the laboratory

CARY-BLAIR STOOL COLLECTION INSTRUCTIONS

Para-Pak (orange-labeled vial)

1. Place small amount of the stool specimen into the orange-labeled Para-Pak® vial using the spoon affixed to the Para-Pak® vial cap, taking care not to let the volume in the vial exceed the RED fill-line indicated on the vial label.
2. Cap the Para-Pak® vial and **shake the vial 10 times** to ensure complete distribution of the stool into the preservative. **The stool specimen must be placed into the Para-Pak® vial within one hour of the stools production for optimum results.**
3. Label the Para-Pak® vial with the patient's name, date of birth, date of collection and time of collection. Be sure the Para-Pak® vial cap is securely in place and that the vial is not leaking.

Clean Vial (white-labeled vial)

The white Para-Pak® clean vial is used for transport of stool for those tests where preservative is contraindicated. The stool specimen must be stored appropriately to meet testing requirements.

Collection Vials	Unpreserved Clean-Vial White		Cary-Blair Orange Vial
	Refrigerated	Frozen	Refrigerated
GI Panel			X
Calprotectin	X		
Lactoferrin	X		
Pancreatic Elastase	ACCEPTABLE	X	
C. difficile unformed only	X		