

Preparation for laboratory tests

Many factors prior to the test affect the results of laboratory tests. Therefore, it is important that you prepare for the test according to the instructions given by your treatment unit. Most test can be taken regardless of meals and time of day. Unless otherwise agreed with the doctor, you can eat and drink lightly before taking the test and take any necessary medicines.

Blood tests

1. The day before the blood test

- In tests that require fasting, do not eat or drink for **10 hours before** testing. You can drink water normally (the letter f in front of the test name indicates that it is a fasting test, e.g. fP-Gluk).
- Don't drink alcohol.
- We recommend avoiding nutritional and vitamin supplements the day before test.

2. On the morning of testing

- Avoid smoking and drinking coffee and tea.
- Avoid heavy physical exertion.
- If tests require fasting, you can drink a glass of water. Arrive early so that you have time to sit for about 15 minutes to even out your blood circulation.



- If laboratory tests include **TSH, T4V**, the **blood sample must be taken before Thyroxin medication** and before 12 p.m. **S-Testo** must be taken between 8–9 a.m.
- As a general rule, medicines prescribed by the doctor can be taken normally, unless the treating doctor has given other instructions.

Urine and stool tests

Before giving the urine sample, in most studies, the urine should be **in the bladder for at least 4 hours**. Regarding morning urine samples, it is generally recommended to avoid eating during the night and to limit drinking to one glass of water.

Next to the information booth, down low, in a box with a lid, you can find the urine sample bags needed for urine tests with instructions.

Stool vial can be obtained from Nordlab.

Bring the sample directly to NordLab.

Throat swab sampling

Before taking the sample, you must avoid factors that may have an unfavorable effect on the result of the throat culture (e.g. eating, drinking and using tablets or liquids that disinfect the throat/pharynx) two hours before taking the sample.

Please note that if the referral contains samples of S-Ca-Ion, P-AntiFXa, glucose tolerance test or electrocardiogram (EKG), book an appointment directly at NordLab:

<https://nordlab.vihta.com/nordlab/#/home>



In Toholampi, Kannus and Tunkkari, a electrocardiogram (ECG) is taken at the Työplus office.

If you have any questions, please contact us, tel. 06 860 7300.

