

## Clean Catch Urine

To collect an adequate specimen, it is necessary to get a clean catch urine sample without external contamination as to determine that the organism that causes infection exists in the urine. The sample that is submitted must be free from all possible contaminants that may be on your hands or on the outer surface of the body.

### Patient Instructions:

- Patient must wash and dry hands and prepare sterile container and towelettes for collection.
- Remove cover from the sterile container without touching the inside of the container.
- Open towelette and use it to cleanse the urinary entrance and around it thoroughly.
- Women must wipe from front to back.
- Throw away the first towelette and repeat the cleaning with the second one and discard.
- Holding the open container in one hand, start to urinate into the toilet and without touching the genital area allow the flow of the urine to fill the container to  $\frac{1}{2}$  full.
- Replace the cap tightly without touching the inside.
- Wipe the outside of the container with a paper towel and place it in a specimen bio-bag.
- If collection is done at home, refrigerate it and bring to the laboratory as soon as possible.



## 24 Hour Urine Collection Instructions

### Prior to collection staff should:

- Mark the 24-hour collection container with the patient's name and the test required.
- Check to make sure you have the proper preservative if necessary.
- Provide the patient with instructions for collecting a 24 hour specimen.

### Patient Instructions:

- Discard the first morning urine specimen.
- Mark the start time on the 24 hour urine container as this will begin the start of the collection.
- Collect all urine voided for the next 24 hours.
- Collect urine in a separate container and immediately transfer it to the 24-hour urine container.
- Cover and refrigerate or keep cool the 24-hour urine container during the collection period.
- The final collection will be the first morning void of the next day which should be 24 hours from the start of the collection.

Note: The collection does not have to start with the morning specimen. If the same collection procedure is followed, you may start at any time during the day. All urine preservatives will be added at the end of the 24-hour collection by a laboratory technologist. Porphyrins and Porphobilinogens **MUST BE PROTECTED FROM LIGHT**. See [ARUPLAB.com](http://ARUPLAB.com) for any special instructions

- All 24 hour collections must be labeled with:

Patient Name

Date and Time of Start of Collection

Date and Time of End of Collection

Test Name

Height and Weight and Serum Creatinine of Patient if Creatinine Clearance



## Glucose Tolerance Test

For accurate test results, you must follow the below instructions carefully. It is important to schedule this test with the Outpatient Center. There are two locations. Main Campus @ 706 774-7600 and Evans Campus 706 774-2178.

### Before Testing:

- Have nothing to eat, chew (including gum or candy) or drink (except water) for at least 10 hours and no more than 16 hours before arriving at laboratory.
- Bring a book or craft since this test can take up to 4 hours to complete.

### On Arrival:

- It is important to arrive on time.
- You will be registered and taken to a room where the testing will begin. A blood specimen will be drawn for a fasting blood sugar. A glucose result will be performed using a screening test. If your fasting glucose is < 140 mg/dl, you will be given a drink called Glucola®. Drink the Glucola® within 5 minutes of being given the drink. Let the phlebotomist know you have finished the drink. The time begins now.

### During the Test:

- Depending upon the number of hours your physician has recommended will determine how long the testing will last.
- Example of a 3 Hour Glucose Tolerance:
  - Fasting Blood Level Drawn – 0800
  - Glucola® consumed - 0810
  - 1-hour Blood Specimen Drawn – 0910
  - 2-hour Blood Specimen Drawn – 1010
  - 3-hour Blood Specimen Drawn – 1110
  - Testing Completed



## **2 Hour Postprandial Blood Glucose**

### **Instructions:**

- Prepare a well balance meal
- Start timing the 2-hour period when you start to eat the first mouthful of your meal. For example, if you start your meal at 10 a.m., your blood sample will be collected at 12 noon.
- Take no longer than 20 minutes to eat your meal.
- After your meal, do not eat, chew gum or candy or drink anything else except water until after your blood sample has been collected.
- Arrive at the laboratory 15 minutes before the time to be drawn. Make sure you let the person at the desk know you are here for a timed specimen.



## Hemoccult II® Screening For Fecal Occult Blood

**Read Instructions completely for accurate test results.**

### **Drug Guidelines:**

- For 7 days prior and during collection avoid more than 1 adult non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin. Tylenol® can be used.
- For 3 days prior and during avoid vitamin C in excess of 250 mg per day from supplements, citrus fruits and juices.

### **Diet Guidelines:**

- For 3 days prior and during avoid red meats (beef, lamb and liver)
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

### **Collection Instructions:**

- For accurate test results, apply samples from bowel movements collected on 3 different days to slides.
- Do not collect samples if blood is visible in your stool or urine. Consult Physician
- For accurate results, collect each stool sample before contact with toilet bowl water. You can use any clean dry container as a collection device.
- Return completed slide to the laboratory no later than 14 days after the first collection.
- Protect slide from heat, light and volatile chemicals. (Ammonia, Bleach and Cleaners)

### **Application of Specimen Steps:**

1. Remove slide. Using a ball point pen, write name, age, and address on the front of the slide. Do not tear the sections apart.
2. Fill in sample collection date on section 1 before a bowel movement. Using a clean dry container, collect your sample. Avoiding toilet water.
3. Open front of section 1. Use one stick to collect a small sample. Apply a thin smear covering to Box A. Collect a second sample from a different part of the same stool and apply a thin smear covering to box B. Close and secure the flap of section 1.
4. Repeat steps for the next 2 days. After completing the last section, store the slide overnight in a paper envelope to air dry. The next day, remove slide from the envelope and place in the mailing pouch or bio-hazard bag and return to laboratory.

## **Cytology Specimen Collection**

### **Sputum**

- A total of 3 early morning deep cough specimens are collected for 3 days in a row.
- Brush teeth and rinse mouth thoroughly prior to coughing.
- Collect the specimen in a sterile plastic container labeled with patient's full name, date and time.
- Add sputum to a fixative \*unless a Culture and Sensitivity is requested
- Place in Bio-Hazard bag along with physician order.
- Keep refrigerated, avoid any transport delay.

### **Urine**

- Do not collect the first morning specimen
- Drink 3 eight ounce glasses of water approximately 1 hour before collection in order to obtain a well-hydrated specimen.
- Collect the fresh specimen in a sterile laboratory specimen container.
- Pour the specimen into a specified urine cytology container\* that is labeled with the patient's full name, date and time.
- Make sure the lid is tightly fastened to avoid leakage.
- Place in Bio-Hazard bag along with physician order.
- Keep refrigerated, avoid any transport delay

***\*Specimen Containers can be obtained from Cytology***



## 72 Hour Stool Sample for Fat

### Before Collection:

A diet of 100 grams of fat per day is recommended for this test. Use food label to calculate intake. The diet should extend for a total of 5 days. The diet should be 2 days prior and 3 days during collection. Record everything you eat during these 5 days.

- Types of food high in fat are listed below

Whole Milk	Donuts/Danish	Cream Cheese
Ice Cream	Pies/Cookies	Avocado
Whipping Cream	Fried Food	Mayo/Butter/Dressing
Cheddar Cheese	Bacon	Non Lean Meat

### How to collect samples:

- Collect ALL stool passed for a 72 hour (3 days) period.
- Collect all stool directly into the large metal can that is given to you by the laboratory. If the container becomes 2/3 full. Obtain another can from the laboratory. Do not put anything but stool in the metal container.

### Storage During Collection:

- Keep the collection can in a cool place or Styrofoam cooler with ice. Keep the lid on the can tightly.

### After Collection:

- Label container but do not adhere label to can. Attach name and date range of collection label by wrapping and stapling it to the handle. Do not adhere it to the can.

**Sample Diet for 72 Hour Stool Collection For Fat Sample Menu**

Meal	Menu	Grams of Fat
<b>Breakfast</b>	Toast with 1 tsp. margarine	5 grams
	Toast with 1 Tbsp. peanut butter	7 grams
	1 egg	5 grams
	½ cup fruit juice	0 grams
	1 cup of whole milk	8 grams
<b>Snack</b>	Muffin with 1 oz of Cheese	13 grams
<b>Lunch</b>	Bologna sandwich with 1 Tbsp Mayonnaise	20 grams
	Fresh Fruit	0 grams
	1 cup of whole milk	8 grams
<b>Dinner</b>	3 oz. of meat	9 grams
	Salad with 1 Tbsp of dressing	5 grams
	Vegetables with 1 tsp margarine	5 grams
	Apple Pie with Ice Cream	14 grams
	1 cup of whole milk	8 grams
<table border="1"> <tr> <td><b>Total = 108</b></td> </tr> </table>		<b>Total = 108</b>
<b>Total = 108</b>		