



► U / A Urine Test Guide ◀

For testing, you will be provided with a container on which your details are recorded.

There is no need for fasting conditions. Avoid excessive and unusual drinking before the test.

The best example is a morning urine sample, the first urine after waking up.

In the case of women, it is better to first wash the genital area with plain water and after drying, take a sample.

If you are taking medication, be sure to consult your lab about the medications you are taking before sampling.

When taking the sample, discard the beginning of the urine and pour it into the container from the middle of the urine so that at least half of the container is full.

After taking the sample, put it on a special shelf.

If you take the sample at home, bring it to the laboratory immediately and up to half an hour later in cool weather and put it on a special shelf.

► Stool Test Guide (S / E) ◀

To perform this test, at the request of the doctor, you will be provided with the necessary number of special cans on which your details are registered.



No fasting conditions are required to perform the test.

If you have more than one or two tests, take only one test per day and bring it to the lab. When taking the sample, make sure that the specifications on the can are not erased. Be careful not to contaminate the outside of the can and the lid.

To perform a post-defecation test, pour a small amount of feces into a can, close the lid, and bring it to the lab as soon as possible.


If there is blood or mucus in the stool, pour it out of the blood or sputum into the can.

Be sure to tell the lab if you have been taking medication or suppositories or had a gastrointestinal radiograph since one week before sampling.

Guide to Performing Glucose Tolerance Test (GCT).

Required Nutrition Test





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► Patient preparation for ◀ nutrition test

After consulting your doctor, take as many medications as possible that may affect your blood sugar (thiazides, oral contraceptives, corticosteroids) To be cut off.

The diet is free and unrestricted for 3 days. At least 150 grams of carbohydrates per day and body fat should be done as usual.

The test is performed on an outpatient basis because testing in inpatients, those with acute illnesses, and immobility may lead to inaccurate results. The patient should fast for 12 hours the night before the test, during which time drinking water is not prohibited.

The test should be done between 7 and 10 in the morning.

If you use a certain drug daily and before the test, be sure to ask your doctor to use the drug.



► Variables affecting ◀ the experiment

- Fasting time

► Medications

- The amount of carbohydrates consumed in the days before the test
- Physical blows or any physical stress
- Existence of concomitant disease
- Age
- Physical activity and weight
- Patient status at the time of the test
- Anxiety and caffeine consumption