

## Patient Instructions for Laboratory Tests

### General principles

Below, you will find general instructions on how to prepare for a laboratory test. You may also have been given further instructions for a specific test. When you go to the laboratory, please take with you your KELA or similar ID card and any papers related to the tests which have been given or sent to you (e.g. sample stickers, your test referral, invitation and instructions).

The following tests have been order:

- Blood test
                         
  Urine sample
                         
  ECG  
 Glucose intolerance test
                         
  Spirometry

If you have not yet booked your appointment, you may do this at [www.nordlab.fi](http://www.nordlab.fi) or by phone 0206198019 Mon - Fri 07:00-18:00.

### Preparation for laboratory tests

1. Do not have any alcohol, exercise excessively, or take vitamins or nutritional supplements for 24 hours prior to your test(s). Do not smoke or have coffee, tea or soft drinks from the evening before the tests.
2. Come to the laboratory well in advance - we recommend you sit down for about 15 minutes to allow your blood circulation to stabilise.
3. Please note, **only the ticked instructions apply** – YOUR HEALTH CARE PROVIDER WILL SELECT THE APPROPRIATE OPTIONS from the following.

- No food or drink for 10 hours prior to the test, except for water. You can also take your prescription medication unless specifically instructed not to do so.  
 You may have a light snack before the test. You may drink water normally. You can also take your prescription medication unless specifically instructed not to do so.  
 THE TEST has to be taken at (hrs) \_\_\_\_\_  
 Take the following morning medicines only after the test:  
 \_\_\_\_\_  
 You should stop taking the following medicines prior to the test:

Name of medication	Stop	Continue
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other prescription medication may be taken as usual.

Other instructions:

**If you have any questions, please contact your health care provider.**