

Fasting blood Sugar And Two Hour Post Prandial

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

The night before your blood test, include in your evening meal (between 5:00 p.m. - 6:00 p.m.) one potato or two slices of bread. Do not eat or drink anything after midnight. Report to the Student Health Center Laboratory at 8:00 a.m. but no later than 9:00 a.m. to have the fasting blood sugar drawn.

If your medical provider has also ordered a two hour post prandial blood test, continue with the following instructions. After your fasting blood sugar test blood sample has been drawn, you may go home to eat your breakfast.

Your breakfast must be eaten two hours before the post prandial blood test. It is important to include all the foods in the amounts listed below for your breakfast:

- 1 cup (8 ounces) Orange Juice
- 1 cup (8 ounces) Cornflakes or Oatmeal
- 1 cup (8 ounces) milk
- 1 teaspoon sugar
- 2 slices toast
- 1 tablespoon jelly
- 1 Egg (if desired)
- Coffee or Tea (if desired)

Write in the time that you ate breakfast _____ a.m.

DO NOT drink, eat, chew gum, eat candy, cough drops, etc., following the breakfast until the blood sample is taken.

Report to the Student Health Center Laboratory approximately one hour and forty five minutes after finishing your meal to allow for time to check-in. The blood test needs to be done exactly two hours after you finish your meal.

If you cannot keep your appointment, please call and let us know.

Your appointment is on M T W Th F _____, at _____.

IMPORTANT: DO NOT eat or drink anything after _____

S M T W Th evening until your test is completed. You may have only water. You may also take your medications with water unless told otherwise.

NOTE: If you cannot keep your appointment, please call and let us know in advance.

Student Health Center



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Fasting Blood Test Instructions

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L2

To ensure accuracy, a large number of laboratory tests require a twelve hour fast.

Do not eat or drink except water for twelve hours prior to your blood being drawn. Some medications can be taken with sips of water. Check with laboratory personnel.

Alcohol may effect the results of the test. It is best to avoid alcohol for 24-48 hours prior to the test.

Your appointment is on M T W Th F _____, at _____.

IMPORTANT: DO NOT eat or drink anything after _____

S M T W Th evening until your test is completed. You may have only water. You may also take your medications with water unless told otherwise.

NOTE: If you cannot keep your appointment, please call and let us know in advance.

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03/10/2006

Clean-Catch Midstream Urine Specimen-Female

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L3

1) If you are menstruating, inform the medical provider. She/he may want to postpone this test until after your menstrual period ends. However, if the medical provider wants to perform the test immediately, you can prevent contamination of the urine specimen with vaginal discharge or menstrual flow by inserting a tampon.

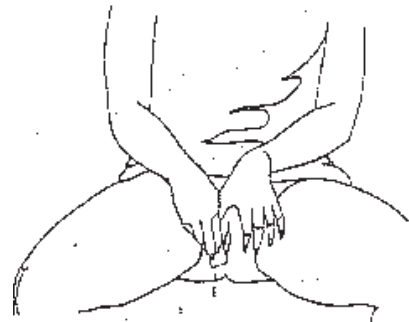
2) Kneel or squat over a bedpan or straddle the toilet bowl to facilitate separating the folds of skin (labia) that cover the vagina and urinary opening.



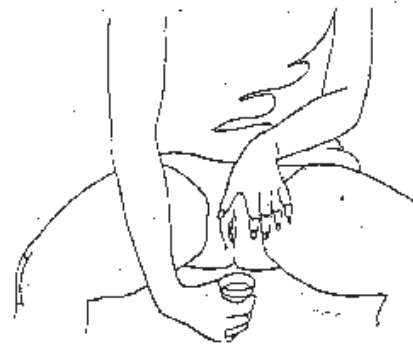
3) Expose the urinary opening (urethral meatus) by separating the labia with your thumb and forefinger. Keep the labial folds separated during the collection.



4) Clean the area around the urinary opening with three antiseptic-moistened swabs: one for each side of the urethral meatus and the third for the meatus itself. Wipe with a front-to-back motion. Remove excess antiseptic with another swab.



5) Begin voiding into a bedpan or toilet bowl and without interrupting the flow, catch about 1 ounce (30 ml) of urine in a sterile specimen container. (To prevent contamination of the specimen, don't touch the inner surface of the container or lid.)



6) Replace the lid of the specimen container. If you are not going to deliver the specimen to a laboratory immediately, refrigerate the specimen.

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Glucose Tolerance

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The glucose tolerance blood test is used to confirm diabetes and to aid in the diagnosis of hypoglycemia and malabsorption syndrome. The testing procedure will require timed blood specimens and urine collections. You will not be allowed to eat or drink anything during this testing period. You may wish to bring a snack to eat at the finish of the testing procedure.

Report to the Student Health Center Laboratory located in the Student Health Center at 8:00 a.m. to begin the procedure. Your previous evening meal must contain either one potato or two slices of bread. It will be essential that you be prepared to spend the entire time (4-5 1/2 hours) in the Student Health Center. Under no circumstances will you be allowed to leave the building once the procedure is started. Bring something to read or study.

Do not eat or drink anything after 12 midnight the night before your testing. This is necessary for the test to be accurate.

Your appointment is on M T W Th F _____, at _____.

IMPORTANT: DO NOT eat or drink anything after _____

S M T W Th evening until your test is completed. You may have only water. You may also take your medications with water unless told otherwise.

NOTE: If you cannot keep your appointment, please call and let us know in advance.

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Hemoccult Collection Procedure

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Hemoccult - Detects hidden blood in stool.

To remove the possibility of false-negative and false-positive results and to provide roughage to help uncover “silent” lesions which bleed intermittently, this Special Diagnostic Diet should be followed for 48 hours before and during the collection of hemoccult samples.

Foods to Eat - Eat any or all of the following food items:

- Well cooked pork, poultry, and fish
- Any cooked fruit and vegetables
- High fiber foods (e.g. whole wheat bread, bran cereal, popcorn, etc.)

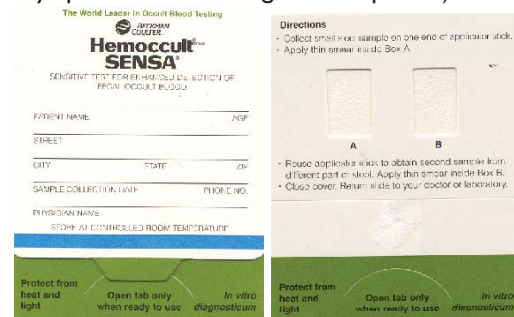
FOODS, DRUGS, AND VITAMINS TO AVOID:

- Red meat (beef, lamb) including processed meats and liver
- Any raw fruits and vegetables (especially melons, radishes, turnips, and horseradish)
- Vitamin C in excess of 250mg/day
- Aspirin or other non-steroidal anti-inflammatory drugs (avoid for 7 days prior to and during the test period)

Your medical provider has given you a hemoccult card.

PROCEDURE

- Fill in name, address, phone number, and collection date in the space provided.
- Lift front flap to open slide. There will be two boxes marked “A” and “B”.
- Apply a small fecal sample on one end of the applicator as the feces is expelled. Do not take sample from toilet. You may deliver your sample in a dry container prior to collecting the sample with your applicator.
- Apply a thin smear inside box “A”.
- Use the other end of the applicator to obtain a second sample from a different part of the stool specimen.
- Apply a thin smear inside box “B”.
- Close flap by placing tab in slot provided.
- Place card in plastic bag and bring card to SIUC Student Health Center Laboratory between 8:00 a.m. - 4:00 p.m., Monday through Friday.



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Clean-Catch Midstream Urine Specimen-Male

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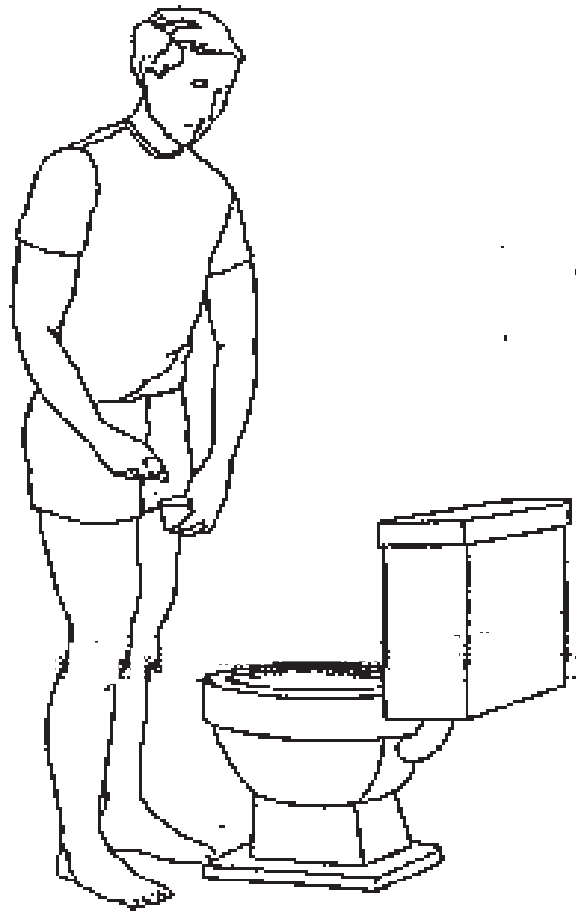
L6

1) Before attempting to collect this specimen, make sure your bladder is moderately full. This minimizes the risk of contamination by prostatic fluid.

2) Retract your foreskin and clean the tip of your penis (urethral meatus and glans) with an antiseptic-moistened swab, wiping in a circular motion away from the urinary opening. Discard this swab and use another swab to remove excess antiseptic.

3) Begin voiding into a toilet or urinal and without interrupting the flow, catch about 1 ounce (30ml) of urine in a sterile specimen container. (To prevent contamination of the specimen, do not touch the inner surface of the container or lid.)

4) Replace the lid of the specimen container. If you are not going to deliver the specimen to a laboratory immediately, refrigerate the specimen.



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Ova & Parasite Stool Specimen Collection Procedure

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IMPORTANT: Please read and follow all directions

CAUTION: SOLUTIONS ARE POISONOUS. DO NOT DRINK.
KEEP OUT OF THE REACH OF CHILDREN.
IF ACCIDENTALLY SWALLOWED, CALL A HOSPITAL EMERGENCY ROOM.

1. You have been given a collection kit which will help you conveniently collect a stool specimen. Follow the kit directions carefully. This will help the laboratory avoid costly repeat testing.

2. The kit consists of two tubes containing liquid.

3. When the collection is completed there should be a specimen in all the tubes.

PLEASE:

Do not urinate on the specimen or in the collection container.

Do not urinate in the tubes.

Do not pass the specimen directly into the tube.

Do not pass the specimen into the toilet.

4. The stool should be passed into a clean DRY container. Use a clean container such as a margarine tub, a clean milk container with the top cut off, or a large plastic bag that has been placed into a waste basket to collect the specimen.

5. Open the specimen tubes containing the liquid. Using the collection spoon built into the lid of the tubes, place small scoops of stool from areas which appear bloody, slimy, or watery into the tubes until the contents rise to the red fill line on the label. If the stool is formed (hard), please try to sample small amounts from each end and the middle of the stool.

6. Mix the contents of the tubes with the spoon, then twist the caps tightly closed and shake the tubes vigorously until the contents are well mixed. Specimens may be stored at room temperature until taken to the lab.

7. If additional samples are required, you must use a new kit for each separate stool collection.

8. Check all caps to be certain they are tightly sealed.

9. Mark the labels on the tubes with the identification information requested including the date collected. Return the collection kit to the Student Health Center Laboratory by 2:00 p.m. The Laboratory is open Monday-Friday. Weekend collection should be returned to the Lab on Monday.

10. Wash your hands thoroughly. If any liquid from the tube gets on your skin or in your eyes, flush with plenty of running water. If irritation develops, consult a medical provider.

RETURN THE SPECIMEN TO THE STUDENT HEALTH CENTER LABORATORY MONDAY-FRIDAY BEFORE 2:00 p.m.

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Pinworm Paddle Instructions

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Read all instructions before proceeding!

1. Open the cap and remove the optically clear polystyrene paddle. One side is coated with a non-toxic mildly adhesive material marked "sticky side". Do not touch this surface.
2. Press the sticky surface against the anal opening with moderate pressure. Immediately remove the paddle and insert into the container. The ideal time for this procedure is early in the morning before arising and before emptying the bowels.
3. Print your name and other information on the outside of the container.
4. Deliver the container to the Student Health Center Laboratory between 8:00 a.m. - 4:00 p.m., Monday through Friday.

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03/10/2006

Two Hour Post Prandial

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The night before your blood test, include in your evening meal (between 5:00 p.m. - 6:00 p.m.) one potato or two slices of bread. Do not eat or drink anything after midnight.

Your breakfast must be eaten two hours before the blood test. For your breakfast it is important to include all the foods in the amounts listed below:

- 1 cup (8 ounces) Orange Juice
- 1 cup (8 ounces) Cornflakes or Oatmeal
- 1 cup (8 ounces) milk
- 1 teaspoon sugar
- 2 slices toast
- 1 tablespoon jelly
- 1 Egg (if desired)
- Coffee or Tea (if desired)

Write in the time that you ate breakfast _____ a.m.

DO NOT drink, eat, chew gum, eat candy, cough drops, etc., following the breakfast until the blood sample is taken.

Report to the Student Health Center Laboratory approximately one hour and 45 minutes after finishing your meal to allow for time to check-in. The blood test needs to be done exactly two hours after you finish your meal.

If you cannot keep your appointment, please call and let us know.

Your appointment is on M T W Th F _____, at _____.

IMPORTANT: DO NOT eat or drink anything after _____

S M T W Th evening until your test is completed. You may have only water. You may also take your medications with water unless told otherwise.

NOTE: If you cannot keep your appointment, please call and let us know in advance.

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Semen Collection Procedure

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- Your medical provider has ordered a Semen Analysis, Please stop at the Student Health Center Laboratory where you will be given a blue hospital lab requisition slip.
- Semen samples should be collected following a 2 to 3 day period of abstinence from sexual intercourse; this includes abstaining from masturbation. Abstaining longer than 4 days prior to the test is not recommended.
- Using a sterile cup obtained from your medical provider collect the complete specimen by masturbating directly into the specimen cup. Care must be taken to include the entire specimen. Collection using a condom or interrupted coitus are not acceptable.
- Return the specimen to the Memorial Hospital of Carbondale Laboratory, 405 West Jackson, Carbondale, IL 62901, along with the blue hospital lab requisition slip, within thirty minutes of collection keeping the specimen warm. The specimen may be kept warm by placing the cup close to the body.

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Stool Culture Collection Procedure

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IMPORTANT: Please read and follow all directions

CAUTION: SOLUTIONS ARE POISONOUS. DO NOT DRINK.
KEEP OUT OF THE REACH OF CHILDREN.
IF ACCIDENTALLY SWALLOWED, CALL A HOSPITAL EMERGENCY ROOM.

1. You have been given a collection kit which will help you conveniently collect a stool specimen. Follow the kit directions carefully. This will help the laboratory avoid costly repeat testing.

PLEASE:

- Do not** urinate on the specimen or in the collection container.
- Do not** urinate in the tubes.
- Do not** pass the specimen directly into the tube.
- Do not** pass the specimen into the toilet.

2. The stool should be passed into a clean DRY container. Use a clean container such as a margarine tub, a clean milk container with the top cut off, or a large plastic bag that has been placed into a waste basket to collect the specimen.

3. Open the specimen tubes containing the liquid. Using the collection spoon built into the lid of the tubes, place small scoops of stool from areas which appear bloody, slimy, or watery into the tubes until the contents rise to the red fill line on the label. If the stool is formed (hard), please try to sample small amounts from each end and the middle of the stool.

4. Mix the contents of the tubes with the spoon, then twist the caps tightly closed and shake the tubes vigorously until the contents are well mixed. Specimens may be stored at room temperature until taken to the lab.

5. **Check all caps to be certain they are tightly sealed.**

6. Mark the labels on the tubes with the **identification information** requested including the date collected. Return the collection kit to the Student Health Center Laboratory by 2:00 p.m. The Laboratory is open Monday-Friday. Weekend collection should be returned to the Lab on Monday.

7. Keep the specimen at room temperature.

8. Wash your hands thoroughly. If any liquid from the tube gets on your skin or in your eyes, flush with plenty of running water. If irritation develops, consult a medical provider.

RETURN THE SPECIMEN TO THE STUDENT HEALTH CENTER LABORATORY MONDAY-FRIDAY BEFORE 2:00 p.m.

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Sputum Collection Instructions

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LI2

READ ALL INSTRUCTIONS BEFORE PROCEEDING:

1. When you first get up in the morning, cough deep.
2. Spit up what you cough up into the container.
3. Put the cap on the container.
4. Screw the cap down tightly so the container will not leak.
5. Write your name and date on the plastic container.
6. Put the plastic container in the plastic bag.
7. Push out the excess air and seal the bag.
8. Bring to Student Health Center Laboratory, Monday - Friday, 8:00a.m. - 4:00 p.m.

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