

INTRODUCTION

The correct collection of the sample, starting from the pre-analytical phase, allows the laboratory to provide a correct result of the required examination thanks to the good quality of the sample provided. To obtain a high-quality sample, it is essential to follow appropriate and, where possible, standardized collection procedures.

Our reception staff is available to answer any questions regarding the procedures to be carried out. Patients are also provided with an information sheet containing all the necessary instructions for correct sample collection and test preparation.

Sterile containers for urine cultures and stool sample collection, when required for the tests, are available free of charge at the reception desks of our blood collection points.

Before proceeding with the analysis, the laboratory checks the suitability of the biological sample. If the sample is not compliant (e.g., insufficient material for analysis, clotted samples, or samples collected in inappropriate containers), the laboratory reserves the right to request a new collection.

In such cases, a staff member from the collection point will contact the patient to schedule a new appointment.

EXAMS BY APPOINTMENT

The following examinations must be carried out by appointment only:

- Cryoglobulin
- Plasma ammonium
- Renin and Aldosterone in orthostatism and clinostatism

PREPARING FOR BLOOD SAMPLING

Patient must be fasting from the evening before the collection day.

In the case of an HIV investigation, is mandatory that the patient fill in the informed consent and the laboratory staff must verify the document before proceeding with withdrawal

In order to be carried out by the laboratory, the services concerning genetic investigations and in particular germline mutations must be accompanied by the consent form completed by the requiring specialist.

GLYCEMIC CURVES

Prior to make the curve, a glycaemic test in fasting blood sample should be done, to exclude the presence of critical glycaemic values before taking oral glucose.

The day after the patient must report at 7:30 at the blood collection point and must stay as long as necessary to collect all samples. The samples collected for glycaemic curve test will be done according to the determination points defined by the physician (usually 3 points 0, 60', 120' are required), after taking a predetermined amount of glucose.

EXAMINATIONS FOR RENIN AND ALDOSTERONE IN ORTHOSTATISM AND CLINOSTATISM

For these tests, it is necessary to make an appointment with the blood collection point. Pickup requires 2 hours of time at the blood collection point.

Upon arrival of the patient, the sample will be taken for Orthostatism, making sure that the patient has been in an upright position for at least 2 hours (preferably walking or moving).

Afterwards the patient will be left in a supine position for at least 2 hours and then blood will be collected for clinostatism investigations.

MICROBIOLOGY CULTURE TESTS, URINE CULTURE, COPROCULTURE AND PARASITE RESEARCH

The main objective of microbiological investigations is to diagnose infections and detect pathogens, through direct or indirect investigations.

It is essential that the collection takes place according to the following indications:

- Collect specimens, when possible, before the antibiotic therapy.
If it is not possible to suspend the antibiotic, any ongoing therapy should be reported.
- It is essential to indicate the correct sampling site to allow the sampling in the correct anatomical site
- Avoid any sample contamination.
- For urine culture, collect the mid-stream of the first morning urine (i.e. not the first urine stream but the one immediately following).
- Use appropriate, sterile containers requestable for free at the blood collection point.
- Store the sample at +2°/8°C and bring it to the blood collection point in 4 hours.
- Fill in the request forms that can be requested at the sampling point or that can be downloaded from the website on page <https://bianalisi.it/servizio/microbiologia-e-virologia>.
- For the newborn's urine collection, the Adhesive Bag is recommended.

SEMINAL FLUID CULTURE / SEMEN CULTURE

It is essential that the collection takes place according to the following indications:

- do not touch the inside of the container with your hands; avoid hair loss.
- avoid sexual activity the 3-4 days before the examination.

- stop the antibiotic therapy for at least one week before the collection.

CHEMICAL EXAMINATION OF URINE AND FECES

It is essential that the collection takes place according to the following indications:

- Use appropriate, sterile containers requestable for free at the blood collection point.
- Avoid sample contamination.
- Collect the mid-stream of the first morning urine (i.e. not the first urine stream but the one immediately following).
- Store the sample at +2°/8°C and bring it to the blood collection point in 4 hours.

24-HOUR URINE TEST

It is essential that the collection takes place according to the following indications:

- Use sterile and appropriate containers to contain 24-hour urine that can be purchased in pharmacies. Store the container in a cool place, away from light.
- Avoid sample contamination.
- During the harvest, drink liquids as usual avoiding alcohol.
- Do not interrupt any ongoing therapies.
- It is not necessary to observe special diets.
- Failure to collect even a small amount of urine compromises the significance of the test.
- To complete the 24-hour collection, keep the container cool and bring it to the blood collection point in 4 hours after full collection.

ACIDIFIED 24-HOUR URINE TEST

It is essential that the collection takes place according to the following indications:

- Avoid sample contamination.
- During the harvest, drink liquids as usual avoiding alcohol.
- Do not interrupt any ongoing therapies.
- It is not necessary to observe special diets.
- Failure to collect even a small amount of urine compromises the significance of the test.
- Use sterile and appropriate containers to hold 24-hour urine that can be purchased in pharmacies
- Acidification is carried out by the patient at home by pouring 4 tablespoons of commercial muriatic acid into the container to obtain a pH of about 4.0. Muriatic acid should be poured in

the container before starting collecting urine. Store the container in a cool place, away from light.

- To complete the 24-hour collection, keep the container cool and in a ventilated area and bring it to the blood collection point in 4 hours after full collection.

Warnings:

since the container contains Muriatic Acid, a highly corrosive and irritating substance, follow the following precautions:

- Do not urinate directly into the container but use a separate container (e.g. a chamber pot).
- Pour urine into the 24-hour urine collection container with each urination, taking care not to create splashes and not to inhale vapours.
- Keep the container tightly closed and do not turn it upside down to avoid accidental product spillage.
- In case of accidental contact of acid with the skin, wash immediately and abundantly with water and, if necessary, consult your physician.

SEARCH FOR HELICOBACTER PYLORI IN FECES

It is essential that the collection takes place according to the following indications:

- Use appropriate, sterile containers requestable for free at the blood collection point.
- Collect specimens, when possible, before initiation of antibiotic therapy. If it is impossible to discontinue the antibiotic, any ongoing therapy should be reported.

Collection methods:

- The feces should be collected on a dry and clean surface, such as a bed pan, placed under the toilet seat, to avoid contact with urine and toilet water.
- Transfer a small amount of stool to the container (equal to a walnut if the stool is solid, or a heaping tablespoon if the stool is liquid or semi-liquid) using the spatula of the cap.
- Close the container carefully.
- NB: the feces must not come out of the container, which must be checked for perfect closure.
- Store the sample at +2°/8°C and bring it to the blood collection point in 4 hours.

FECAL OCCULT BLOOD TEST

Sample Collection Preparation

- Use appropriate, sterile containers requestable for free at the blood collection point.
- It is not necessary to follow a particular diet before the test.
- Do not test during your menstrual period or if you have haemorrhoids.
- Avoid massive bleeding of the gums during teeth cleaning.
- Do not contaminate the stool with urine.
- It is possible to perform the test on a single sample or on 2 or 3 samples according to the prescribing doctor's indication.
- Keep the tube out of the reach of children.
- The liquid contained in the tube must not be swallowed and must not come into contact with the eyes or mucous membranes.
- The tube has been specifically designed to prevent liquid from escaping. If contact occurs, seek medical attention immediately.
- Collect immediately after defecation.

Collection methods

- Feces should be collected on a dry, clean surface, such as a bed pan or a layer of toilet paper inside the toilet to retain feces to avoid contact with toilet water. Avoid picking up during urination.
- Unscrew the green cap with the sampling rod, keeping the tube vertical, taking care not to spill the liquid contained in it.
- Insert the shaft into the stool at different points by rotating it. Cover only the grooves of the rod with feces. Wipe off excess stool with paper or absorbent tissue. Do not insert feces into the tube.
- Replace the green cap with the pick-up rod and screw it in completely.
- Gently shake the tube by inversion.
- Fill in the label with the date of collection and name, surname and affix it to the container.
- Store in the refrigerator and deliver to the laboratory within three days of the first sampling.

PROCEDURA DI RACCOLTA DEL CAMPIONE



1 Porre della carta igienica all'interno del sanitario. In caso di utilizzo di un supporto specifico seguire, le istruzioni riportate sullo stesso. Successivamente passare al punto 3.



2 Raccogliere le feci in corrispondenza della carta igienica, evitando di toccare l'acqua o le urine. È più facile se ci si siede al contrario.



3 Svitare il tappo verde con l'asta di prelievo, mantenendo il tubo in verticale. Non agitare il tubo capovolto.



4 Inserire l'asta nelle feci in 4 punti diversi e strisciare a croce sulla superficie. Ricoprire di feci solo le scanalature dell'asta. Non raccogliere feci in eccesso.



5 Reinserire il tappo verde e avvitare a fondo. Non riaprire. Agitare gentilmente il tubo tramite inversione.



6 Restituire il dispositivo di raccolta per l'analisi entro una settimana a temperatura ambiente o mantenere il tubo di raccolta in frigorifero e restituirlo entro 2 settimane.

CALPROTECTIN STOOL TEST

Sample Collection Preparation

- Use appropriate, sterile containers requestable for free at the blood collection point.
- It is not necessary to follow a particular diet before the test.
- Do not test during your menstrual period.
- Do not contaminate the stool with urine.
- Keep the hose out of the reach of children.
- The liquid contained in the tube must not be swallowed and must not come into contact with the eyes or mucous membranes.
- The tube has been specifically designed to prevent liquid from escaping. If contact occurs, seek medical attention immediately.
- Collect immediately after defecation.

Collection methods

- Leave the tube at room temperature for 5-10 minutes before use.
- Feces should be collected on a dry, clean surface, such as a bed pan or a layer of toilet paper inside the toilet to retain feces to avoid contact with toilet water. Avoid picking up during urination.
- Unscrew the yellow cap with the withdrawal rod, keeping the tube vertical, taking care not to spill the liquid contained in it.
- Insert the shaft into the stool at different points by rotating it. Cover only the grooves of the rod with feces. Wipe off excess stool with paper or absorbent tissue. Do not insert feces into the tube.
- Reinsert the yellow cap with the withdrawal rod and screw it in completely.
- Gently shake the tube by inversion.
- fill in the label with your name, surname and affix it to the container.
- Store in the refrigerator and deliver to the laboratory within three days of collection.

PROCEDURA DI RACCOLTA



1 Equilibrare il tubo CALiaGold® a temperatura ambiente (18-28 °C). Collocare uno strato di carta igienica nella tazza del WC. Se si utilizza un supporto per la raccolta del campione, seguire le istruzioni per l'uso riportate sullo stesso, quindi procedere partendo dal punto 3.



2 Raccogliere le feci direttamente sulla carta igienica, evitando il contatto con acqua o urina. È più semplice farlo sedendo al contrario.



3 Tenendo il tubo verticale, svitare il tappo giallo con lo stick di raccolta attaccato. Non agitare capovolgendo il tubo.



4 Inserire lo stick nelle feci in 4 punti diversi e strisciare a croce sulla superficie. Le scanalature dello stick devono essere ricoperte. Le feci in eccesso vengono rimosse quando si reintroduce lo stick di campionamento nel corpo del tubo CALiaGold®. Non prelevare feci in eccesso.



5 Reinserire il tappo giallo e avvitare a fondo. Non riaprire.



6 Le feci nel tubo CALiaGold® sono stabili per un periodo fino a 3 giorni a 28 °C o fino a 6 giorni a 2-8 °C. In ogni caso, è preferibile tenere il tubo di raccolta in frigorifero e consegnarlo nel più breve tempo possibile.