

## **BEHAVIOUR GUIDE BEFORE, DURING AND AFTER SAMPLING**

### **Laboratory Medicine Service - Department of Services - ASST MANTOVA**

#### **HOW TO PREPARE FOR BLOOD SAMPLING**

##### ***FASTING***

Although fasting is not strictly required for many examinations, in order to standardise blood sampling conditions, an 8-hour fasting period is recommended, which must not exceed 14 hours. Water intake is not a contraindication. In general, meals can be taken the day before the blood test as usual; smoking and alcoholic beverages must be abstained from for at least 12 hours.

For infants, a 3-hour fast, when possible, may be sufficient.

##### **Fasting is compulsory for the following analyses:**

- Bile acids
- C-Peptide
- \*Gastrin
- GH (growth hormone)
- Glucose
- Insulin
- Pancreatic polypeptide
- \*Pepsinogens
- Triglycerides
- VIP (vasoactive intestinal polypeptide)
- Vitamin A - E
- Vitamin B (complex)

\*for gastrin and pepsinogens, it is advisable to stop taking (at least for 48 hours) certain medicines, such as H2-receptor antagonists (e.g. cimetidine) or proton pump inhibitors (e.g. omeprazole)

##### ***SPECIFIC CONDITIONS***

##### ***Functional Tests***

The preparation with the specific mode of execution and recommendations for performing dynamic tests (e.g. glucose load curve) are described in the specific instructions.

### ***Medicines***

If you are taking medicines whose blood concentration needs to be assessed, you should avoid taking it on the morning of the blood test unless you have agreed to do so with your doctor. In this circumstance, the time the medication was taken must be reported at the time of collection.

### ***Supplements***

Taking multivitamin preparations, supplements or dietary supplements, especially those containing biotin (vitamin B7) may interfere with some tests. It is therefore preferable to refrain from taking these preparations in the 24 hours preceding a blood test.

### ***Special situations***

Inform the staff of any situations that could influence the outcome of the examinations (e.g. pregnancy, stressful situations, failure to fast, drug therapies, phase of the menstrual cycle for certain hormone or urine tests, etc.).

Inform the staff in charge of collection if you feel unwell during or after the collection and if you are allergic to disinfectants, latex, plasters. In the event of discomfort, inform the staff immediately.

It is necessary to avoid any strenuous exercise in the days immediately preceding the collection (e.g. sports or heavy work).

It is advisable not to wear clothes with tight sleeves.

### ***Collection of biological samples***

The collection of biological samples (urine, faeces, etc.) must be carried out according to the procedures and instructions provided by the OU Laboratory Medicine Unit, which can be found and downloaded on the website: <https://www.asst-mantova.it>; Laboratory examinations; Instructions-for-examinations, at the link:

<https://www.asst-mantova.it/istruzioni-per-esami>

It is the responsibility of the user:

- to ensure that the sample collected belongs to the declared identity
- to scrupulously follow the instructions given for sample collection

### **WHAT TO DO DURING THE BLOOD DRAW**

For the successful execution of blood collection, you are encouraged to cooperate with the staff, particularly by reporting any uncomfortable or emotional situations.

### **WHAT TO DO AFTER THE BLOOD DRAW**

Ensure that the sleeves (previously rolled up) do not constrict the arm above the blood

collection point.

Press while maintaining compression on the point of collection for at least 2 minutes without bending the arm; this prevents swelling or bruising. Do not rub the swab to avoid restarting bleeding. Any plaster can be removed after about 15 minutes.

The Management

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