

USER INFORMATION



The Casa di Cura Villa Esperia makes use of the MAD Analisi S.r.l. Laboratory in Voghera (www.madanalisi.it), an authorised and accredited laboratory with DGR VIII/006936 of 02.04.2008.

INFORMATION

Blood draws are performed in Outpatient Clinic No. 6 on the ground floor during the following hours:

- Blood draws from 7:30 AM to 8:30 AM on Monday and Wednesday
- Sample collection from 7:30 AM to 8:30 AM on Monday and Wednesday

Tests are performed on the same day.

The reports will be available on the day indicated by the staff and/or on the collection form and can be collected at the blood test center during opening hours.

TESTS COVERED BY THE NATIONAL HEALTH SERVICE (SSN)

Please show up at the reception desk with:

- Medical prescription on prescription from the Region of belonging
- Health card or Regional Services Card
- Identification document

The applicable fee schedule is that of the SSN - Lombardy Region, including any exemptions from the co-payment.

PAID EXAMS

Please show up at the reception desk with:

- Health card or Regional Services Card
- Any medical prescription
- Identification document

The updated price list is available at the reception desk.

RESULT DELIVERY TIMES

TYPE OF EXAMINATION	DELIVERY TIMES
Clinical Chemistry:	Within the day
Coagulation	Within the day
Hematology	Within the day

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Liver markers:	Within the day
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Thyroid hormones	Within the day
Fertility hormones	Within the day
Drug dosage	Within the day
Virology	Within the day
Serology	Within the day
Autoantibodies	Within a week
Microbiology	48 hours
Intolerances	Within the day
Urine cytology	Within a week
Third-generation SARS-CoV-2 antigen rapid test:	Within the day
Molecular SARS-CoV-2 test	24 hours

IMPORTANCE OF PROPER PREPARATION FOR BLOOD TESTS

The correct behaviour of the patient before a blood test contributes significantly to the diagnostic accuracy of the procedure. Conversely, failure to observe a few simple behavioural rules can alter, even significantly, the blood parameters to be analysed. It is therefore good to be aware of certain conditions that may contribute to the inaccuracy of an analytical result.

Nutrition

Ingestion of food gives rise to changes in biochemical parameters. The concentration of triglycerides increases immediately after a meal, in response to fat absorption and the serum/plasma acquires a more or less pronounced turbidity, which may interfere with the analytical phase. The increase in triglycerides returns to basal value after 8-10 hours. To standardise this variable as much as possible, it is therefore best to take blood for any analysis (when possible) in the patient's fasting state. When this is not possible, one should always ask oneself whether the test results can be influenced by the ingestion of food.

Prolonged fasting has biological effects: e.g. prolonged fasting alters the production of many hormones and causes protein, lipid and electrolyte levels in the serum to fall.

Physical activity

It is advisable that the outpatient does not perform any major physical exercise (e.g. running) before a blood test. This activity can in fact affect certain parameters: for example lactic acid or certain enzymes, such as CK, LDH and AST increase.

Anxiety control and special conditions

Anxiety, fever, excessive stress, vomiting, diarrhoea, recent trauma and all other conditions that deviate from normal can alter blood parameters; as such, they should be reported in advance to the nurse at the time of the examination.

It is recommended, where possible, to avoid psychological stress; the patient should always be reassured and made calm. For some biochemical parameters there may be alterations due to this: for example, it is known to influence fluctuations in prolactin concentration.

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Criteria for the acceptability of samples

For certain examinations conducted by the Analytical Laboratory, there are specific preparation rules (see following points), which if not respected may make it necessary to repeat the examination, e.g:

- the use of unsuitable containers (or containers that differ from those envisaged by the preparation rules),
- externally soiled containers or containers not complying with current safety regulations,
- improperly stored or transported samples.

In these cases, and in all cases where a non-compliance is found during sample analysis, the User may be contacted to repeat the sampling or sample collection.

SAMPLE COLLECTION

The following are the correct procedures for collecting samples.

• SPUTUM

Sputum must be collected in a sterile container with a wide mouth (available in pharmacies or laboratories).

Rinse the oral cavity thoroughly with a few gargles made with water.

Perform a deep expectoration and collect the sputum directly into the container.

Close the container hermetically and correctly; take it immediately to the laboratory.

In subjects unable to collect sputum due to an inability to cough or poor bronchial secretion, it is recommended, in the two days preceding the examination, to administer mucolytics or expectorants.

• FECES

Coproculture – H. pylori – Rota/Adenovirus – Calprotectin

Warning! Do not add preservatives to the collection container. Avoid collecting faeces directly in the toilet bowl or transport container if possible. Use the appropriate sterile plastic container with a collection shovel for transport.

Collect a quantity of faecal material equal to a hazelnut (or an equivalent quantity if the faeces are pulpy or liquid). If multiple samples are required for analysis, collect the samples on different, consecutive days (e.g. collect 3 stool samples on 3 successive days).

Deliver the samples on the same day as collection or, when there is more than one sample, you can deliver them all to the laboratory together on the same day (the last day of collection). During the home storage period, keep them as far away from heat sources and protected from the sun as possible.

Parasites

Use the appropriate sterile plastic container with a collection shovel for transport, possibly containing a suitable preservative (e.g. formalin).

Collect a quantity of faecal material equal to a hazelnut (or an equivalent quantity if the faeces are pulpy or liquid). If multiple samples are required for analysis, collect the samples on different, consecutive days (e.g. collect 3 stool samples on 3 successive days).

Deliver the samples on the same day as collection or, when there is more than one sample, you can deliver them all to the laboratory together on the same day (the last day of collection). During the period of home storage, keep them as far away from heat sources and protected from the sun as possible.

Occult Blood Research

Caution! Do not collect stool if you have bleeding hemorrhoids and/or menstrual flow. It is not necessary to follow a meat-free diet. Collect a quantity of stool material equal to a hazelnut (or an equivalent quantity if the stool is pulpy or liquid).

If multiple samples are required for analysis, collect the samples on different, consecutive days (e.g.

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collect 3 stool samples on 3 successive days).

Deliver the samples on the same day as collection or, when there is more than one sample, you can deliver them all to the laboratory together on the same day (the last day of collection). During the home storage period, keep them as far away from heat sources and protected from the sun as possible.

- **URINE**

Complete urine test (chemical – physical – microscopic)

Preferably use clean disposable containers (small glasses and test tubes available in pharmacies or laboratories);

After eliminating the first stream, collect an adequate sample of the midstream (at least 10 mL of urine) during the first morning urination.

Deliver the sample to the laboratory as soon as possible by 10 am (to avoid morphological changes in the sediment components, bacterial growth, alkalization, etc.).

24-hour urine

Discard the urine from the first morning void, note the time and collect in a single container all the urine excreted during the next 24 hours, including the urine from the first void of the following morning.

Store the container in a cool place or in the refrigerator (2°- 8° C) and away from direct sunlight.

Deliver all the urine to the laboratory or, alternatively, an aliquot, taking care to indicate the diuresis, by 10 am.

For some analytical determinations (5-hydroxyindoleacetic-homovanillic-vanillmandelic acid, adrenaline-noradrenaline, dopamine, total catecholamines, metanephrine-normetanephrine, 3-methoxytyramine, calcium-phosphorus, etc.) it is essential to acidify the urine, before starting the collection, by adding approximately 5 ml of 5M HCl.

Urine culture**Adult patients**

Use only special sterile disposable containers (wide-mouthed glasses with screw caps available in pharmacies or laboratories).

Wash the external genitals thoroughly with water and neutral soap, rinse thoroughly and do not dry yourself.

Retract the foreskin in males and spread the labia majora in females.

After eliminating the first jet, collect the intermediate stream directly into the container during the first morning urination.

In order to allow the least possible contamination of the sample, the container must remain open for the time strictly necessary for collection, avoiding touching the internal walls with hands or anything else and immediately closed hermetically and correctly.

Deliver the sample to the laboratory as soon as possible by 10 am.

Pediatric patients

Caution! The following urine collection method in pediatric patients must be performed with caution in order to avoid contamination of the sample with fecal and/or perineal material.

Place the child in an upright position.

Wash your hands with soap and water, rinse and dry thoroughly (wear sterile gloves if possible).

Wash the child's external genitals and perineum with water and neutral soap, rinse thoroughly and do not dry.

Open the sterile bag, avoiding touching the inside, and apply it to the perineum and suprapubic region and stimulate the child's urination appropriately (if the child has difficulty urinating, remove the bag

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every 20 minutes and repeat the positioning procedure until the sample is collected).

Collect the urine and close the bag using the special adhesive tab.

Place the bag in an upright position in the sterile container without pouring the urine and close the container by carefully screwing the cap on.

Deliver the sample to the laboratory as soon as possible by 10 am.

- **MICROALBUMINURIA**

Microalbuminuria: morning urine

Preferably use special clean disposable containers (small glasses and test tubes available in pharmacies or laboratories).

After eliminating the first stream, collect an adequate urine sample (at least 10 mL) during the first morning urination immediately upon awakening, avoiding any physical activity before collection.

Deliver the sample to the laboratory as soon as possible by 10 am.

Microalbuminuria: 24-hour urine

Discard the urine from the first morning urination, note the time and collect in a single container all the urine excreted during the next 24 hours, including the urine from the first urination of the following morning.

Store the container in a cool place or in the refrigerator (2°- 8° C) and away from direct sunlight during the entire collection period.

Deliver all the urine to the laboratory or, alternatively, an aliquot, taking care to indicate the diuresis, by 10 am.

- **URINE CYTOLOGY EXAMINATION**

Use only sterile disposable containers containing suitable 70% ethanol fixative, to be collected exclusively from our laboratory.

Wash the genitals with water and neutral soap, rinse thoroughly and dry thoroughly.

After eliminating the first urine stream, collect an adequate sample of the midstream (at least 50 mL of urine) during the first morning urination, directly into the sterile jar containing the fixative (70% ethanol), reaching the black line.

Store the container in a cool place and away from direct sunlight during the entire collection period.

Collect 3 urine samples on 3 different and consecutive days and send them all together to the laboratory on the same day (the last day of the collection).

Completely fill out the acceptance form in all its parts and attach it to the 3 urine samples. Deliver everything in the morning by 10 am.