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## Procedures for biological samples collection

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### **Particular attention is requested to these procedures to allow our staff to perform the analysis correctly.**

Failure to comply with the conditions for patient preparation and/or sample collection could affect the results of the analysis.

The nurse carries out a quality check of the samples.

During the venipuncture sampling of blood, if the repetition of the blood draw is necessary (because of clot, low volume...), the nurse informs the patient and repeats the blood draw.

The laboratory staff makes the final control on the blood samples, and if the sample is insufficient or inadequate, the patient will be contacted by the laboratory manager to give further information on how to repeat the sampling of the blood.

TOMA offers free containers for collecting biological samples to users both at the headquarters and at the Sampling Point.

### URINE

#### **Pregnancy test**

Collect the first-morning urine in a dry and clean urine collecting container.

#### **Urine culture – Physical, chemical, and morphological urine examination**

Wash hands and genital skin thoroughly with soap and water. As you start to urinate, discard the first jet of urine into the toilet bowl, and collect the midstream portion in a sterile urine container. Do not touch the inside of the urine container.

This exam must be done before taking any antibiotic therapy or, at least/after 7 days since the end of an antibiotic therapy.

#### **24-hour urine sample**

A 24-hour urine collection starts at a specific time (for example 7:00 a.m.) and ends at the same time the next day. On the day of collecting urine, empty your bladder and discard the first urine of the day, this is the start time of 24-hour urine collection which must be recorded. During the following 24 hours collect all the urine in a plastic container specific for 24-hour urine collection.

### **SPECIAL DIETS AND URINE COLLECTION METHODS 24H**

#### **Dosage Hydroxyproline – 2 hours non acidified urine**

Do not consume broth made from meat, cube or with meat extracts, meat of any kind, fish of any kind, fresh or cooked cold cuts or sausages, products containing gelatine, eggs, ice cream and sweets.

The diet must be maintained for 3 days; on the third day, while continuing the diet, a 24-hour urine collection can be started.

During this period of diet, it is recommended, after medical consultation, to avoid taking medicines. Otherwise, it is advisable to communicate to us the names of the drugs taken during the period of diet.



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### ***Dosage 5-hydroxyindolacetic acid - Acidified urine 24 hours***

Do not consume pineapple, avocado, bananas, kiwi, blackberries, red plums, aubergines, tomatoes, dried fruit, coffee, tea, or chocolate. The diet must be maintained for 3 days; on the third day, while continuing the diet, 24-hour urine collection can be started. During this period, it is recommended, after medical consultation, to avoid taking medicines. Otherwise, it is advisable to communicate to us the names of the drugs taken during the diet.

The collection of the 24-hour urine sample needs acidification of the urine. The acidification is performed by the laboratory before starting the collection of urine samples. The container can be collected in the laboratory.

### ***Vanilmandelic Acid Dosage - 24-hour acidified urine.***

Do not consume avocado, bananas, kiwi, dried fruit, coffee, tea, or chocolate. The diet must be maintained for 3 days; on the third day, continuing the diet, a 24-hour urine collection can be started. During this period of diet, it is recommended, after medical consultation, to avoid taking medicines. Otherwise, it is advisable to communicate to us the names of the drugs taken during the period of diet.

The collection of the 24-hour urine sample needs acidification of the urine. The acidification is performed by the laboratory before starting the collection of urine samples. The container can be collected in the laboratory.

### ***Dosage Catecholamines / Adrenaline, Noradrenaline, Dopamine / Oxalic acid / Metanephrine - 24 hour acidified urine.***

The collection of the 24-hour urine sample needs acidification of the urine. The acidification is performed by the laboratory before starting the collection of urine samples. The container can be collected in the laboratory.

### **Urine cytology**

Use only the container with the preservative solution (the liquid is toxic and flammable, do not drink the liquid). As soon as you get up in the morning, empty your bladder into the toilet. One hour before the sample collection, drink at least two glasses of water. Once you have washed your hands and genital skin thoroughly with soap and water, collect your second urine of the morning after discarding the first jet of urine, using the container provided by the laboratory. If three samples are requested, collect a urine sample once a day on three consecutive mornings. Write specimen number (1, 2 or 3) on the container. Store the urine sample at room temperature.



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### STOOL

#### **Stool sample – Stool sample for parasites**

Collect in sterile container a small amount of feces using the spoon attached to the cap.

#### **Stool Test For Occult Blood**

Collect in sterile container a small amount of feces using the spoon attached to the cap. No diet is required.

#### **Coproculture**

Collect in sterile container a small amount of feces using the spoon attached to the cap. Deliver the sample at the center within two hours. This exam must be done before taking any antibiotic therapy or, at least, after 7 days since the end of an antibiotic therapy.

#### **Scotch test**

As soon as you wake up in the morning, before daily washing, attach a piece of transparent tape for a few seconds on the anal orifice. Remove the tape and apply it in the center of the slide. Retrieve the slides in the laboratory.

### SPUTUM

#### **Sputum cultural examination**

For collection use only a sterile container. The sputum collected must be that of the morning, cough vigorously before filling the container in order to increase the probability of collecting an adequate amount of bronchial secretion.

#### **Cytological examination of the sputum (CTM)**

For collection, use only the special container with the preservative liquid (it is a toxic and flammable liquid that must not be ingested) to be collected at the Toma Laboratory. After appropriate coughing, collect the tracheo-bronchial material in the container.

Store the material at room temperature, away from heat sources until the moment of delivery to Toma Laboratory.

### SPERMIOCULTURE

Collect the seminal fluid, in a sterile container, only by masturbation and after having thoroughly disinfected the hands, observing careful hygiene of the genitals. Sexual abstinence is not necessary.