

# Instructions for sample collection at the laboratory

Hospital **El Pilar**

Grupo  **quirónsalud**

## 1. Urine samples

### 1.1 Basic examination, sediment, urine culture: single sample

After getting out of bed, and before urinating, wash your external genitals with a large amount of water but no soap.

The sample should be collected in a *sterile, broad-necked, screw-cap flask\**. Collect the urine from the first urination in the morning, ignoring the first and last streams.

If the patient is a baby who still wears a nappy, after washing and drying the external genitals, place a paediatric urine bag to collect the urine from a urination (check every 15 minutes to check whether the baby has urinated). Then place the entire bag in a broad-necked flask without spilling the contents. Take the sample to the laboratory as soon as possible.

### 1.2 24-hour urine

Collect in *1.5-L flasks\** (1 or 2 flasks are normally required every 24 hours). The day before attending the laboratory, when getting out of bed, ignore the first urination of the morning. From that point collect all the urine for that day and night and the first urination the following morning. **Store the sample in the fridge during collection.**

**Note:** The tests will only be valid if **all the urine** for a period of exactly 24 hours is collected.

## 2. Sputum samples

### 2.1 Sputum culture

After getting out of bed, rinse your mouth well with water but do not use toothpaste. Collect the sputum produced by a deep expectoration (trying not to collect saliva) directly in a *sterile, broad-necked, screw-cap flask\**

If a serial sample is requested over three days, store the samples in the fridge and take them to the laboratory at the same time.

## 3. Stool samples

### 3.1 Stool culture, Rotavirus Study, Helicobacter pylori Antigen, Elastase or Digestion

Collect a stool sample with the size of a walnut in a *sterile, broad-necked, screw-cap flask\**. The sample can be stored in a fridge for a maximum of 24 h before taking to the laboratory.

### 3.2 Parasites (green-capped tube) / Calprotectin (blue-capped tube)

The laboratory will provide you with special containers with a liquid medium for collection. Using the spatula in these containers, collect a small stool sample approximately the size of a pea. In the case of parasites, and to increase the probability of finding them, if present, it is recommended to collect samples from three different bowel movements on alternate days.



### 3.3 Ocult blood

No special diet is required. You cannot undergo the test if you are menstruating. Collect a stool sample the size of a walnut in a *sterile, broad-necked flask*\*. Store in a fridge for a maximum of 24 h and take it to the laboratory as soon as possible. To increase the possibility of detection, it is recommended to take samples from three different bowel movements.

### 3.4 Pinworm (Graham tape)

The night before collecting the sample, wash the anal margins well before going to bed. The sample should be taken in the morning before washing or defecating. Take a piece of transparent adhesive tape (sellotape) and press the adhesive surface around the anal margin, without penetrating the anus. Stick the tape to the glass slide provided and take it to the laboratory in an envelope.

## 4. Semen samples

The semen must be collected by masturbating into a sterile, broad-necked, screw-cap container\* (do not use a condom).

- Do not use any ointments for 8 hours before collecting the semen.
- Wash your penis with soap and rinse well with water.
- Collect the whole volume of ejaculate.
- If you have had a fever in the past 3 months, you should talk to your doctor before collecting the sample.

### 4.1 Fertility Study (Seminogram)

Do not have sex for between **three and five days** (no more than six days and no less than three). The sample should arrive at the laboratory as soon as possible (**check delivery days and times with the laboratory**) and never more than 1 hour after collection.

Maintain the container at room temperature during storage and transport (**never refrigerate**).

### 4.2 Post-vasectomy Study:

It is recommended to request the study at least three months after the operation (after approximately 15 ejaculations).



### 4.3 Semen culture

You should urinate before collecting the sample and store the sample in a *sterile, broad-necked flask\**, in a fridge, until taking it to the laboratory.

## 5. Special Diets: Catecholamines, Metanephrines, 5-Hydroxyindoleacetic Acid

Do not eat or drink tea, coffee, banana, chocolate, vanilla, cheese, fizzy drinks or any type of medication, especially salicylates, hypotensive drugs and iodine-based contrast agents, for 7 days prior to the test.

Avoid any type of non-standard physical exercise. Avoid stress (3 days before taking the sample).

If a urine sample is requested, follow the instructions for 24-H **urine collection** in the corresponding section of this leaflet.

## 6. Breath test

### 6.1 Detection of *Helicobacter pylori*

Remain under fasting conditions (solids and liquids) from the previous night, and for at least 12 hours, and rest for at least 10 minutes before the test.

For at least:

- 4 weeks beforehand, do not undergo an intestinal lavage or endoscopy or take antibiotics on any type.
- 2 weeks beforehand, do not take any anti-acid secretion agents (such as proton-pump inhibitors, e.g. Omeprazole)

**The test cannot be performed if** you have not told the doctor about any medication you are taking, if you have undergone stomach surgery (gastrectomy) or if you suffer from chronic gastritis.

**This test will last for around 40 minutes in total.**

### 6.2 Intolerance to lactose (or other sugars)

In the 24 h prior to the test, follow a diet free from carbohydrates, fibre-rich foods or those that are difficult to digest (cereals, beans, cakes, apples, onions, cabbage, freshly baked bread, etc.).

Remain under fasting conditions from the previous night, for at least 12 h, and do not smoke or perform any physical exercise for at least 1 h before taking the substrate and for as long as the test lasts.

Do not take laxatives and you should not have had diarrhoea in the days prior to the analysis.

For at least 4 weeks beforehand:

- Do not undergo intestinal lavage or endoscopy.
- Do not take antibiotics of any type.

You are recommended to rinse your mouth before taking the test.

During the test, you must not eat or chew gum (as it contains sorbitol).

**This test will last for around 4 hours in total.**

**These pre-analysis conditions are applicable to any functional breath test.**

*\*Containers sold in pharmacies or available from the laboratory.*

### Laboratory Hospital El Pilar

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#### Extraction schedule:

Monday to Friday from 7.30 AM to 19 PM, Saturday from 8 AM to 11 PM

Request an appointment through <https://www.quironsalud.es/pilar>  
or calling 93 236 05 06

Consult the laboratory for special tests



Check your results and manage your appointments in "Mi Quirónsalud" area at [quironsalud.es](http://quironsalud.es) or via our App.

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Scheduled appointment

**900 301 013**

     [quironsalud.es](http://quironsalud.es)

# Hospital El Pilar

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