



St. Francis Hospital Lab Prep Instructions

Glucose Tolerance Prep

Patient must fast for 8-10 hours before the test. Water is allowed at all times.

This order is for a non-pregnant patient.

If patient is age 18 or older, give 74 gm of dextrose (e.g. Dexicola 75) to be ingested within 5 minutes. If patient is less than age 18 obtain specific procedure from lab.

This test must be ordered as a TIMED TEST, not as ROUTINE. Do not make timed to be done before 6:00 A.M.

Glucose Tolerance-Gestational Prep

Patient must fast for 8-14 hours before the test. Water is allowed at all times.

This order is for a pregnant patient.

Give 100gm of dextrose (e.g. S/P Cola 100) to be ingested within 5 minutes.

See lab draw labels for specific labeling information.

HIAA

Patient should avoid tobacco, tea, coffee, avocado, banana, tomato, plum, walnut, pineapple and eggplant for three days prior to collection.

Hydrogen Breath Test

Patient must be fasting for 12 hours and until test is completed.

The supplies for this test will be supplied by Chemistry at Beech Grove after you have scheduled this test with them (783-8319).

Breath sample collection will need to be performed very ½ hour for a total of 6 hours.

Lactose Tolerance Prep

Patient must be fasting for 10 hours and until test is completed.

A blood sample needs to be drawn fasting.

The patient then ingests the lactose dose (obtained from the Chemistry department at Beech Grove (783-8319)).

Blood samples must then be drawn ½ hr, 1 hr, 1 ½ hrs & 2 hrs after the lactose injection.

Lead, Blood Prep

Patient should refrain from seafood, antacids, vitamins with mineral supplements and herbal preparations at least 3 days prior to specimen collection.

Specimen collection requires special tube. Obtain from the lab. At the time of collection the draw site should be cleaned by washing with soap and water.

Do NOT use recycled paper towels to dry.

Patient Prep for Lab Test Catecholamines, Plasma

Patient should avoid alcohol, coffee, tea, tobacco and strenuous exercise for three days prior to collection.

Overnight fasting is required.

Doctor may request sample to be drawn while patient is in an upright or supine position. If he requests both, two orders will be required. Be sure tubes are identified as to which is which. For supine collection, patient must lie down for 30 minutes and then the sample drawn with minimal stress to the patient. The upright sample should be drawn 15 minutes after the patient has been sitting upright.

Serotonin Test Prep

Patient should avoid avocado, banana, tomato, plum, walnut, pineapple, eggplant, tobacco, coffee and tea for three days prior to specimen.

Specimen to be collected in special collection tube. Call lab to obtain.

VMA Patient Prep

Patient should avoid alcohol, coffee, tea, tobacco, bananas, citrus fruits and strenuous exercise for three days prior to collection.

Special urine container with preservative needed for collection.

Xylose Absorption Panel Prep

This test must be scheduled with the lab prior to beginning.

Patient should be fasting for at least 8 hours prior to start of specimen collection. Do NOT feed patient until specimen collections are complete.

This panel will require both urine and blood specimens to be collected.

Obtain 25 G xylose dose from the lab. The patient is then given the oral dose of xylose. Once the dose is administered urine is to be collected for the next 5 hours. Draw the blood sample at 2 hours post xylose dose.

Bring this sheet to the lab with the urine specimen at the end of the collection process. Provide the following collection data:

Xylose dose given at:

Urine collection started at:

Urine collection ended at: