

<b>ASST Ovest Milanese (West Milan Local Healthcare Authority)</b>  Department of Services and Diagnostic Imaging	<b>INFORMATION ON HOW TO PREPARE FOR BLOOD SAMPLING and COLLECTION OF OTHER BIOLOGICAL MATERIAL</b>	<b>MAC221</b>  Rev1 Page 1 of 2
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		<b>VERIFICATION APPROVAL</b>	
<i>Revision</i>	<i>Date</i>	<i>Office</i>	<i>Approved by</i>
0	October 2021	Director of the Microbiology Unit and Head of the Analysis Laboratory Unit Director of the Pathological Anatomy Unit Director of the Immunohematology and Transfusion Centre Unit	Dr Pierangelo Clerici Dr Paolo Fociani Dr Bruno Brando
1	February 2025	Acting Director of the Microbiology Department Director of the Analysis Laboratory Department Director of the Pathological Anatomy Department Director of the Immunohematology and Transfusion Centre Department	Dr Bianca Osnaghi Dr Sergio Finazzi Dr Paolo Fociani Dr Irene Cuppari

## **PREPARATION FOR BLOOD SAMPLING**

### **TYPES OF COLLECTION OF BIOLOGICAL MATERIAL WITH SWABS FOR CULTURE AND MYCOLOGICAL EXAMINATIONS**

### **COLLECTION OF URINE SAMPLES FOR ANALYSES OF SPECIAL URINE AND URINARY STONES**

#### **☐ BLOOD SAMPLING**

1. Fast for at least 12 hours.
2. Drug therapies must be taken after the sampling (unless instructed otherwise by the prescribing doctor).

#### **☐ PHARYNGEAL SWAB**

1. Avoid taking antibiotics for at least 5 days before the test.
2. Fast for at least 12 hours.
3. Do not use toothpaste or mouthwash on the day of the test.

#### **☐ CULTURE TESTS ON VARIOUS SWABS**

**(skin, eye, ear, oral cavity, perianal, various exudates)**

1. Avoid taking antibiotics for at least 5 days before the test.
2. Do not apply any dressings, wash or disinfect the sampling site on the day of the test.

#### **☐ URETHRAL SWAB (WOMAN), VAGINAL, CERVICAL, VULVAR, VAGINO-RECTAL**

1. The test cannot be performed during the menstrual cycle.
2. Do not take antibiotics and antifungals for the 5 days before the test.
3. Do not perform any antibiotic and/or antiseptic washes in the 24 hours ore before the test.

#### **☐ URETHRAL SWAB (MEN)**

1. It is recommended to perform the swab on a full bladder (hold back the urine for at least 2 hours).
2. Do not take antibiotics and antifungals for the 5 days before the test.
3. Wash the external genitals with soap and water and rinse with plenty of water.

#### **☐ MYCOLOGICAL EXAMINATION**

1. Avoid taking antifungals for at least 7 days before the test.
2. Do not apply any dressings, wash or disinfect the sampling site on the day of the test.

#### **☐ SPUTUM FOR CULTURE EXAMINATION**

1. It is advisable to collect the first sputum of the morning, on an empty stomach
2. Take out removable dental prostheses; clean the oral cavity with water, eliminating as much saliva as possible.

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3. Collect the material by coughing into the sterile container. It is essential that you collect phlegm, not saliva.
4. Deliver the samples within the first hours of collection.
5. If the investigation is requested **on multiple samples**, collect on consecutive days, delivering each sample as explained under point 4.

**☐ SPUTUM FOR KOCH'S BACILLUS DETECTION (Mycobacteria)**

1. Cleanse the oral cavity with water by gargling and eliminating as much saliva as possible
2. Collect the samples in the morning from deep expectoration by coughing.
3. Expectorate into the screw-cap tube. It is essential that you collect phlegm, not saliva
4. Deliver the samples within the first hours of collection.
5. If the investigation is requested **on multiple samples**, collect on consecutive days, delivering each sample as explained under point 4.

<b>ANALYSES OF SPECIAL URINE AND URINARY STONES</b>
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**☐ DELTA AMINOLEVULINIC ACID (ALA) and PORPHOBILINOGEN**

1. Collect the urine in the appropriate dark bottle, 2 hours after the main meal, and deliver to the Analysis Laboratory as soon as possible.

**☐ DETERMINATIONS FOR OCCUPATIONAL MEDICINE**

1. Collect the end-of-shift urine in the special container delivered, in such a quantity that the container is more than a half full.
2. Close the container and store it in the refrigerator until delivery. Deliver on the first available working day from date of collection.

**☐ COLLECTION OF URINARY STONES**

1. Collect the stone, separate from the urine, in the container provided, or in any event in a clean container.
2. Deliver on the first available working day, storing meanwhile the sample at room temperature, away from heat sources.