

ASST Ovest Milanese (West Milan Local Healthcare Authority) Department of Services and Diagnostic Imaging	INFORMATION ON HOW TO PREPARE FOR BLOOD SAMPLING and COLLECTION OF OTHER BIOLOGICAL MATERIAL	MAC221 Page 1 of 2
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		VERIFICATION APPROVAL	
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PREPARATION FOR BLOOD SAMPLING

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

COLLECTION OF 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.
4. We recommend a period of sexual abstinence **during** 24 hours before the test date

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☐ **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.
4. We recommend a period of sexual abstinence (full intercourse and masturbation) **during** 24 hours before the test date

☐ **MYCOLOGICAL EXAMINATION**

1. Avoid taking antifungals for at least 7 days before the test.
2. Remove nail polish
3. 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.
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.

☐ **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.