

OBJECT

Preparation of the patient for venous blood sampling.

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Venous blood sampling under standard conditions must be performed in the morning hours (generally from 7 to 11 am) and with the patient fasting.

The correct preparation of the patient for laboratory tests is an essential condition in order to guarantee an adequate pre-analytical quality necessary for the reliability of the final diagnostic result.

Therefore, the utmost attention must be paid to all those factors that can also influence individual physiological conditions (diet, biorhythms, psychophysical stress, drug therapies, posture, pregnancy, physical exercise, surgical trauma, etc.) in the preparation phase for the sampling.

The patient must therefore avoid incorrect behavior in the period prior to the collection and observe the following general indications.

Previous period (at least 2 days before pickup)

- Refrain from intense and/or prolonged physical activity over time
- Avoid particular situations of emotional and/or psychological stress if possible.

Immediately preceding period (the day before the pickup)

- Do not change your diet, avoiding variations in the quantity and type of food consumed
- No smoking
- Observe a fast of at least and no more than 8-12 hours (remember that usually the reference values are always determined on populations of fasting patients); fasting is mandatory for the determination of glucose, insulin, cholesterol, triglycerides, iron, vitamin B12, folic acid, bile acids; avoid taking dietary supplements
- Avoid, if possible and with medical consent, the intake of drugs such as anxiolytics, flu drugs, anti-inflammatories, analgesics.

On the day of pickup

- Refrain from food and smoking while waiting for your turn
- Remain seated and quiet for at least 30 minutes before pickup.

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The General Management

Dr. Spartaco Mascherpa

