

 Laboratorio Analisi "Da Vinci"	SMeL LAdV  Form	STD Code MD11-1
		Date October 28, 2021  Page 1 of 1

## User preparation for examinations

Venous blood sampling. General indications:

Before taking any blood sample, it is important to pay attention to some small but important rules so that the blood test is as correct as possible. Factors such as **fasting, diet, medication intake, exercise, and posture** can to varying degrees affect the success of the analysis. Therefore, here are some simple tips to simplify and facilitate the operation of the blood draw and analysis:

- **FASTING:** There is unanimous agreement that the patient should present at the blood draw at least 8-12 hours fasted. Only modest amounts of water may be taken during this period, and sugary drinks, alcohol, coffee, and smoking must be absolutely excluded. In fact, these substances can make almost all hematochemical determinations inaccurate or even impossible.
- **DIET:** In the days leading up to the sampling, the diet should be as habitual as possible, avoiding abrupt changes in caloric intake either in excess or in deficit. In fact, following the drastic reduction in caloric intake (300/600 calories/day), a 30% decrease in plasma volume was found. This alteration induces rapid changes in the blood which analysis reveals. The diet must also be habitual qualitatively that is, with an intake of carbohydrates, proteins and fats that follows the normal personal diet.
- **DRUGS:** There are numerous studies regarding the effect of drugs on laboratory tests. Interferences may occur directly or indirectly at the analytical level. In the former case they are not always and completely predictable in their magnitude due to a wide range of individual variables that determine drug absorption, metabolism and elimination. Not of all drugs on the market are the side effects sufficiently known, nor are any interferences analytically analyzed and indicated. The most correct preparation of the patient for hematochemical examinations should include the absolute and most prolonged absence of any drug treatment. This rule should be adhered to without exception in the case of screening or metabolic profiling in healthy people and asymptomatic subjects.
- **PHYSICAL EXERCISE:** Changes in enzyme activities and some analytes from skeletal muscles as a result of intensive and prolonged exercise are expected phenomena and generally to be avoided immediately prior to collection or in the 8 to 12 hours preceding it. This rule must absolutely be observed in case of urinalysis for determination of creatinine clearance.
- **SMOKING:** Tobacco smoking causes transient and/or stable alterations in many analytes. For example, one hour after smoking one to five cigarettes, there is an elevation in the blood concentration of fatty acids, free glycerol, aldosterone, cortisol, etc. The extent of these alterations is mainly a function of age and smoking mode (cigarette, cigar, pipe). It is recommended, therefore, to abstain from smoking for at least 10 hours before the collection

For information and clarifications on preparation for collection, the patient can contact the secretarial staff either by phone or by going to the laboratory in person.

