

Patient Instructions for laboratory tests

When you go to the laboratory, please take your KELA or similar ID card with you, and any papers related to the tests which have been given or sent to you (e.g. sample stickers, your test referral, invitation and instructions).

The following tests have been requested from you (YOUR HEALTH CARE PROVIDER WILL FILL THIS IN):

- Blood test Urine sample ECG
 Glucose intolerance test Spirometry Stool sample

If you have not yet booked your appointment, you may do this at www.nordlab.fi, or by phone 0206198019 Mon - Fri 07:00-18:00.

Preparation for laboratory tests

- Do not drink any alcohol, exercise excessively, or take vitamins or nutritional supplements for 24 hours prior to your test(s). Do not smoke or drink coffee, tea or soft drinks the previous evening and morning before the tests.

Please note, only the ticked instructions apply (YOUR HEALTH CARE PROVIDER WILL FILL THIS IN):

- No food or drink for 10 hours prior to the test, except for water. You can also take your prescription medication unless specifically instructed not to do so.
 You may have a light snack before the test. You may drink water normally. You can also take your prescription medication unless specifically instructed not to do so.
 The test must be taken at (hrs) _____
 Take the following morning medicines only after the test:

 You should stop taking the following medicines prior to the test:

Name of medication	Stop	Continue
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other prescription medication may be taken as usual.

Other instructions:

If you have any questions, please contact your health care provider.

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