



## HOW TO PREPARE FOR TEST

### A. BLOOD CHEMISTRIES:

#### FASTING

- Fasting Blood Sugar
- Cholesterol
- Triglycerides
- Lipoproteins (HDL/LDL/VLDL)

#### NON-FASTING

- CBC
- Blood Urea Nitrogen
- Creatinine
- Blood Uric Acid

#### FASTING

*Nothing per Oral (NPO) for 10-12 hours prior to the scheduled examination. Employee is not allowed to eat or drink before extraction of the blood.*

### B. URINE COLLECTION:

- Use clean if not sterile container.
- Collect mid-stream sample.
- Sample should fill at least half of the container.
- Avoid contaminating sample with menstrual blood and vaginal discharge.
- Submit sample immediately after collection.

### C. STOOL COLLECTION:

- Use clear, wide-mouth bottle for collection.
- Specimen should not be contaminated with water or toilet paper.
- Collect thumb-size amount of stool.
- Submit specimen immediately within an hour after collection.

### D. PAP SMEAR:

- For female undergoing Pap smear, it is recommended that they should refrain from sexual intercourse for at least 2 days prior to the test.
- Avoid douching on using vaginal medicines or spermicidal foams, creams or jellies prior to pap smear test.

### E. CHEST X-RAY:

- Pregnant, suspicious pregnancy or delayed menstruation are not allowed to undergo this procedure.
- All accessories (especially those made of metal) must be removed.