



9th edition

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The information provided may be subject to changes due to legislative or company organization adjustments

Health director

DOTT.SSA MICHELA ZANCANARO

Physician surgeon Spec. Clinical Pathology

Responsible management

DR. ELENA ZOCCA

Biologist Spec. Biochemical Clinic

Administrator

DR. MANCA RICCARDO

Administrative manager

FINANCE LIFE BRAIN MANAGER

PIOMBINO DESE

Laboratory headquarters and sampling point:
accredited with the national health service

Via Marconi, 30 - Piombino Dese

Tel 049.9365205 - Fax 049.9366511

E-mail: info@selabsrl.it

Opening times: from Monday to Saturday from 7.30 to 10.00

Collection of reports: from Monday to Friday from 7.30am to 12.30pm and from
3.30pm to 5.30pm

Saturday from 7.30 to 12.00

Private clinic by appointment

- ULTRASOUND
- ELECTROCARDIOGRAM
- NUTRITIONAL CONSULTING

CAMPODARSEGO

Withdrawal point: accredited with the national health service

Via Bachelet, 27 - Campodarsego

Tel. And Fax 049.9201855

E-mail: info@selabsrl.it

Opening times: from Monday to Saturday from 7.30 to 10.00

Collection of reports: from Monday to Friday from 7.30am to 12.30pm and from
3.30pm to 5.30pm

Saturday from 7.30am to 10.30am

Private clinic by appointment

- ELECTROCARDIOGRAM
- NUTRITIONAL CONSULTING
- PSYCHOLOGICAL CONSULTATION

CASTELFRANCO VENETO

Withdrawal point: authorized with the national health service

Largo Europa Unita, 75 - Castelfranco Veneto

Tel. 0423.723669 - Fax 0423.743418

E-mail: info@selabsrl.it

Opening times: from Monday to Saturday from 7.30 to 10.00

Withdrawal reports: from Monday to Friday from 7.30 to 12.30 and from 16.00 to 18.00

Saturday from 7.30am to 11.30am

Private clinic by appointment

-ELECTROCARDIOGRAM

HISTORY

The activity of the Laboratory began in 1988 in Piombino Dese in via Marconi, 30 where it still operates within the USL 15 Alta Padovana (Camposampiero - Cittadella). Over time the structure has grown and sites have been added of among which Castelfranco Veneto (opened since 1998) and Campodarsego (opened since 2000) The Laboratory and its two collection points are affiliated - pre-accredited - with the National Health Service and access is free according to the principle of free choice for the citizens. The tariffs applied comply with the current regional legislation (regional tariff)

Since 2009, all the structures have obtained accreditation status with the Veneto Region, a procedure that certifies the compliance of the health services offered by the SELAB Laboratory with quality levels defined by the region itself.

Since January 2010, the laboratory has established a collaboration relationship with the historic Valentini Medical Center of Padua. The synergy between the structures makes it possible to make the most of the skills, professionalism and offer of services to customers.

From October 2015 Selab became part of the Lifebrain group, a European group active in the field of laboratory diagnostics, with the aim of being able to increase competitiveness and the possibility of accessing innovative diagnostic products.

Since October 2016 Selab is part of the type B network model as defined by regional legislation.

COMPANY POLICY

Selab has developed a program for continuous quality improvement to achieve a series of specific objectives shared with the RDI group laboratory in Limena

- The satisfaction of users' needs paying particular attention to
 - waiting times,
 - respect for privacy
 - the professionalism of the staff in charge,
 - the completeness and adequacy of the information provided to users
 - continuous updating of technologies and new diagnostic tools available.

- The enhancement of resources and the motivation of its personnel through specific training programs, acquisition of new skills for the best patient approach.

- Constant updating and strengthening of the package of exams that can be performed through the acquisition of new laboratory tests in order to improve diagnostic paths.

The RDI network laboratory participates in external quality controls organized by OEQUASTA, ECAT, IL in Hematology, Coagulation, Immunometry, Serology, Clinical Chemistry on Serum and Urine, Toxicology, Drugs.

Internal daily quality checks are carried out in all areas of analysis to monitor the quality of analytical procedures and instrumentation on a daily basis.

CERTIFICATION

Is certified by BUREAU VERITAS according to the UNI EN ISO 9001: 2015 standard for clinical and specialist analyzes (clinical chemistry, toxicology and microbiology).

THE RIGHT TO HEALTH

With the directive of 27 January 1994, the Council of Ministers introduced the fundamental concepts that must regulate the relations between service providers and citizens. The Charter of services, was born as an application of these concepts, deepened in the light of the Charter of Rights of the Sick presented in Brussels in 2002 and provides users with detailed information on the services offered, the methods of access and the tools implemented to improve difficult situations or of disruption that may arise. The Management undertakes to release the Service Charter making it available at its facilities and updating its contents every two years, in implementation of the Ministerial Decree 12.12.2001 "System of guarantees for monitoring health care".

THE FUNDAMENTAL CONCEPTS

- Equality and impartiality
- The services and services are provided according to the same rules for all, without discrimination of age, sex, language, religion, social status, political opinions, health conditions.
- Respect
- Each user is treated with respect, courtesy and attention in respect of the person and his dignity.
- Right of choice
- According to the regulations in force, the user has the right to choose between the various subjects that provide the services.
- Participation
- The user has the right to present instances, complaints, to be adequately informed and to propose suggestions to improve the service.
- Effectiveness and efficiency
- Services and services must be provided with optimal use of resources, using up-to-date quality standards and adopting those measures that allow them to be timely, precise, and avoiding waste that would be detrimental to the community.
- Continuity
- The provision of services is guaranteed with continuity and where different needs require interrupting certain services, measures are taken to alleviate user inconveniences.

ACCESS OF THE STRUCTURE

ANALYSIS LABORATORY - The facility is accessed without an appointment, presenting where the medical prescription is appropriate. In the case of benefits under the agreement it is necessary to bring the health card and in any case it is necessary to provide the tax code. However, given the heavy cuts implemented by the Veneto Region, we have been forced to regulate the access of the services in the agreement by appointment. We have also created a list of services at discounted rates that allow access to the convention services in a short time. For some special exams you may be asked to observe a diet or to present yourself by appointment. Information on this can be found in the "Useful information - special information" section, alternatively you can ask the staff in our offices. The user has the right to take the exams also privately and anonymously.

POLIAMBULATORIO - Access is by appointment.

We guarantee privileged access to pregnant women, children under 6, to disabled people. The structure is easily accessible to disabled people thanks to the removal of architectural barriers.

PERFORMED SERVICE

ANALYSIS WORKSHOP: as envisaged and authorized by the Veneto Regional Council DGR 88 of 18/01/2000, for the analytical phase the Selab laboratory relies on the collaboration of the RDI Laboratory (Italian Diagnostic Network), located in Limena (PD), via del Santo 145 / 147. The list of services performed by the Laboratory, as well as the execution and reporting times and the relative rates are available at the Selab laboratory secretariat or can be consulted on the RDI network laboratory website (www.rdi.me).

POLIAMBULATORIO - The services are relative to the medical specialties active in the various locations, as explained on the first page of this publication

For some services the appointment is required: -prolactin pool - glycemc and insulinemic curve after glucose loading - harmony test - post prandial withdrawals - spermogramma - research Chlamydia cervical - male urethral pads It should also be noted that no samples are taken for dosages required after pharmacological stimulation

COLLECTION OF REPORTS

ANALYSIS LABORATORY The delivery of the report takes place within the timeframe communicated at the time of acceptance, upon presentation of the document "Collection sheet" delivered simultaneously. It is also possible to have the report withdrawn by a delegated person by completing the appropriate coupon on the same document.

The reports can also be collected via the web, using the password and following the procedure communicated during the acceptance phase.

The report is visible only if:

- Completely completed (check with the date marked on the collection sheet delivered at the time of acceptance)
- Fully paid (in the case of microbiological examinations it is possible that the antibiogram is added and therefore the report will be unavailable)

It is also possible to authorize your GP to access your results. For more details see the dedicated section at the end of this publication.

In case of request for subsequent copies of reports it is possible to request the reprint, which will be given to the user upon presentation of an identity document.

POLYMBULATORY - Every type of documentation produced following the specialist service is issued by the specialist directly to the patient. Only the electrocardiogram has delayed delivery because it is remotely reported by the specialist.

TERMS OF PAYMENT

At the facility the payment methods are the following:

Cash (within legal limits)

ATM

Credit card

HOME WITHDRAWAL SERVICE

The service takes place by appointment by calling from 10.30 am to 5.00 pm at 049.9365205. The appointment for the withdrawal is fixed within the 48 hours following the request. The home withdrawal has a fixed cost of 15 euros. In the case of presentation of a referral from the affiliated general practitioner, the cost of the exams will always be that provided by the national health system.

COMPLAINTS

The patient can present complaints, reports and / or suggestions verbally, in person, by contacting the Secretariat, or in written form using the specific form displayed in the waiting room. The reports and complaints are periodically verified by the Head of structure who undertakes to provide a prompt response

PARTICIPATION IN HEALTH SPENDING

All exemptions are certified ONLY by the general practitioner (or in some cases by the specialist) who notes them in the spaces provided for the assignment. It is possible to check if you are entitled to an exemption certificate for income or a reduction in the fixed fee by accessing the Health portal of the Veneto Region: <https://salute.regione.veneto.it/web/guest/servizi/esenzioni> entering your tax identification number and the code of your health card (paper format) or by contacting your district.

From 6 years up to the age of 65

up to € 36.15 per recipe

Children under the age of 6 and seniors over 65 years

With household income less than € 36,151.98

FREE

Unemployed

The total family income must be less than € 8,263.31 increased to € 11,362.05 in the presence of a spouse and € 516.46 for each dependent child

FREE

Pregnant women

Check the exemption exams according to the scheme shown in the section "Specialist services for responsible maternity protection"

Exempt from pathology

The exemption is valid only for the services related to the pathology (verify with the certification issued by the USL)

Veneto Region Residents

Fixed fee reduction rate: gives the right to reduce the fixed fee per recipe from € 10 to € 5 in case of family income less than € 29,000

What is meant by family unit

This is the result at the time of the benefits and is made up of dependent family members, that is to say those family members for whom, based on the tax criterion, the deductions for family loads are due:

- spouse not legally and effectively separated
- children under the age of 18 or not older than 26 if they are studying or free, children permanently unfit for work as well as cohabiting relatives, including adult children (or in the absence of their descendants, parents or, in their absence next ascendants, sons or daughters, in-laws, brothers and sisters) on condition that they do not receive an annual income exceeding 2840.51 to gross of deductible charges.

What is meant by total income

It is the sum of what is received globally gross of deductible charges and net of mandatory social security contributions, including income produced abroad, excluding income subject to separate taxation (pension arrears, liquidation, etc.) Income refers to previous year determining it presumptively.

What is meant by unemployed

It is a person over the age of 14 who has lost a previous employee job and who is looking for a new job registered on the lists.

SPECIALIST SERVICES FOR RESPONSIBLE MATERNITY PROTECTION

Pre-conception age

For the woman

Anamnesis and evaluation of the CBC (antibodies)

Indirect Coombs test Osmotic resistance Blood type erythrocyte

Ant Rubella Virus IgG and IgM Abnormal hemoglobins TPHA

Toxoplasma ant. IgG and IgM VDRL

CBC

Osmotic resistance To be performed if a woman

erythrocyte with heterozygous phenotype

for hemoglobinopathies

Abnormal hemoglobins

Cervico vag examination

(PAP test)

In the event of repeated abortion or previous pathologies of pregnancy with perinatal death and on prescription from the gynecologist or geneticist specialist, they may be requested free of charge:

History and evaluation

Transvaginal ultrasound

Hysteroscopy without biopsy with dilation of the cervical canal

Biopsy of the uterine body

Laboratory performance Lupus

like anticoagulant (LAC)

Anti cardiolipin antibodies (IgG, IgA, IgM)

Antibodies against microsomes or anti-thyroid oxidases

Anti Tireoglobulin antibodies

Karyotype from lymphocyte metaphases (to the couple)

At the beginning of pregnancy possibly within the 13th week and in any case at the first check

CBC

Blood group (if not done in a preconception period) ***

AST

ALT

Anti-Rubella IgG and IgM antibodies **

Anti-Toxoplasma IgG and IgM antibodies **

TPHA (if not performed in a preconception period and extended to the partner)

VDRL (if not performed in a preconception period and extended to the partner)
HIV antibodies
Glucose
Urine ex. chemical physicist and microscopic *
Indirect Coombs test

Between the 14th and 18th week

Urine physical and microscopic chemical examination *

Between the 19th and 23rd week

Urine physical and microscopic chemical examination *

Between the 24th and 27th week

Glucose
Urine physical and microscopic chemical examination *

Between the 28th and 32nd week

CBC
Ferritin in case of MCV reduction
Urine physical and microscopic chemical examination *

Between the 33rd and 37th week

HBsAg
HCV antibodies
CBC
Urine physical and microscopic chemical examination *
HIV antibodies in the event of a medical history Between
the 38th and the 40th week
Urine physical and microscopic chemical examination *

* In case of significant bacteriuria (which must be specified on the request) the request for Urine culture is exempt.

** In the event of negative IgM, they are exempted throughout the pregnancy by specifying on the test: control for negative IgG.

*** In the case of Rh negative, an indirect Coombs test is repeated throughout the pregnancy.

Remember to not pass the eight exams per binding

note: risky pregnancy.

All exams are exempt on diagnostic indication by the Specialist in Convention that in case of risk pregnancy will indicate in the application the exemption code 450

SOME REMARKABLE BENEFITS

- Papilloma virus research
- Paths for the diagnosis of couple infertility
- Gastropanel
- R.O.M.A index for ovarian cancer risk
- Breath test helicobacter pylori
- Quantiferon (tubercular disease)
- Lactose intolerance test

1. HPV DNA Test - Papilloma virus research

What is the human papilloma virus

Human Papilloma virus (HPV) is the cause of about 90% of cervical carcinomas: the most common cancer in women after breast cancer; this tumor affects more than 300,000 women a year.

There are more than 100 different types of HPV, many of which are associated with a wide range of genital tract diseases. HPV infection is the most common sexually transmitted disease. In the female population about 80% of sexually active subjects contract the HPV virus throughout their lives, but fortunately in most cases the infection regresses spontaneously.

Infection diagnosis and progression

Infection due to different HPV strains does not cause any obvious symptoms and most women recover spontaneously. In a small number of cases the virus persists and is able to bring even after a long time (10-15 years), to the carcinoma of the uterine cervix. The PAP test highlights any lesions on the tissues, but is not able to detect the presence latent of the Papilloma virus. Therefore the PAP test can be negative, due to the absence of abnormal cells, even in the presence of an HPV infection.

The HPV research allows to use the PAP test to detect even the minimal presence of the virus genome and to typify the strains with high or low oncogenic risk.

The new guidelines of the American Cancer Society recommend prescribing a combination of PAP tests and HPV DNA tests.

A new diagnostic possibility is represented by the search for the viral mRNA, that is

the determination of the viral replication of the Papilloma virus. This test better correlates with the possible presence of pathology linked to the presence of the virus. The test can be performed for both men and women.

2. Path for the diagnosis of couple infertility

Diagnostic pathway for female infertility

The most important causes of female infertility are represented by hormonal dysfunctions, affections of the tubes (anatomical and functional), uterine malformations and genitourinary infections.

Hormonal dysfunctions interfere with ovulation; this process is mainly regulated by the action of three hormones: the FSH; LH and estradiol which are easily measurable by drawing blood. It is also useful to evaluate the levels of other hormones, such as prolactin, thyroid hormones, androgens and inhibin B, anti Mullerian hormone (AMH), anti free sperm antibodies.

The causes that can compromise the integrity of the tubal mucosa and therefore its functionality are many: endometriosis; acute or chronic pelvic infections or previous surgical procedures. An accurate microbiological study for the search for often asymptomatic infections of the distal genital tract involves the search for Chlamydia trachomatis, Mycoplasmas, Trichomonas vaginalis, Candida albicans, Neisseria gonorrhoeae and common germs.

Diagnostic pathway for male infertility

Male infertility can be caused by defects in sperm production, emission or function and is a high cause of infertility in the couple.

Altered dosages of FSH, LH, PRL and Testosterone can also affect the sperm production process. Serum detection of both men and women of free sperm antibodies may also be important.

Male infertility can be linked to the alteration of one or more parameters of seminal fluid. For the analysis of the seminal fluid we perform: spermiogram (number and motility of the sperm), spermiocitogramma (morphology), nemasperm vitality test, MAR test (anti sperm antibodies), Aniline test (DNA compaction anomalies), FISH test (chromosomal aneuploidies). To identify any infections affecting the genito-urinary system, often responsible for infertility, the following are performed: spermioculture, (performed on the seminal fluid), and the search for Chlamydia trachomatis, Mycoplasmas, Neisseria gonorrhoeae and common germs.

WITH A SIMPLE LEVEL OF BLOOD AND / OR MICROBIOLOGICAL, THE MAIN INQUIRIES NEEDED TO FIND THE PRIMARY CAUSES OF INFERTILITY CAN BE EXECUTED

For women: vaginal swab and cervical endo. You need not have sex the night before. It is important that any antibiotic therapy has been suspended for at least 5 days

For humans: Urethral swab. It is performed by appointment. It should be done in the morning at least 3 hours after the last urination. You need not have sex the night before. It is important that any antibiotic therapy has been suspended for at least 5 days. The patient should not wash from the night before.

Semen. The sample must be collected by masturbation. Abstention from sexual intercourse is recommended in the previous 3-4 days. Before harvesting, carefully clean the external genitals and hands. It is important that any antibiotic therapy has been suspended for at least 5 days.

CFTR gene analysis (cystic fibrosis). It is a blood sample to be taken for both women and men.

3. Gastropanel

The GASTROPANEL test makes it possible to determine by a simple blood test whether the patient has gastritis caused by *Helicobacter Pylori*, whether the gastritis is atrophic and in which part of the stomach the alterations (antrum, body-bottom or both) are located.

GASTROPANEL can provide a non-invasive and very accurate diagnosis of gastric diseases and be a useful tool for assessing the risks of pathologies associated with them; it can also promote prevention by offering a precise diagnosis for targeted treatment.

Using enzyme immunoassay tests (ELISA), the levels of Pepsinogen I and II, Gastrin 17 and anti-*Helicobacter Pylori* antibodies are measured in the blood sample.

The combination of these results allows, through specific software, to suggest what is the overall situation of the stomach.

Examples of use of the gastropanel test

- Diagnosis of gastritis
- Diagnosis of dyspepsia
- Diagnosis of *Helicobacter Pylori* infection
- Diagnosis of atrophic gastritis
- Evaluation of the conditions of the mucous membrane of the body and the antrum of the stomach (normal, gastritis, atrophic gastritis)
- Provide guidance to perform gastroscopy and biopsy
- Provide guidance for the treatment of *Helicobacter pylori* infection

Method of withdrawal

The sampling must be performed at FAST (about 10 hours) as the digestive phenomena can alter the patients' homeostatic values. It is advisable to indicate and indicate any drug therapy in progress (on a specific medical history sheet).

4. The R.O.M.A.

in the diagnosis of ovarian cancer

Ovarian carcinoma is a silent killer since it develops without any particular symptoms until the adnexal mass is so voluminous as to create disturbance due to the encumbrance itself.

The historical serological marker (since 1981) is represented by the CA125 which, however, is very non-specific as it increases in many cases (menstruation, liver diseases, pleural diseases, ovarian hyperstimulation, pregnancy, endometriosis).

Recently, a new marker has been introduced, HE4 (human epididymis protein 4) which proves to be an improved marker compared to CA125 given that HE4 release appears to be earlier, and HE4 values are significantly higher in the early stages of Carcinoma of the ovary (stage I and II) compared to controls. Furthermore, the combination of the two serum biomarkers CA 125 and HE4 further increases sensitivity when compared with each of the two markers individually.

For this it is useful to elaborate the index R.O.M.A. (Risk of Ovarian Malignancy Algorithm) that combining the values of HE4, of Ca125, and the possible menopausal status improves the possibility of recognizing from an early stage the presence of an ovarian tumor and therefore of improving the diagnosis, treatment, and the prognosis.

5. The Breath test

Investigation for the diagnosis of Helicobacter pylori infection

Breath test, also known as urea breath test, is a non-invasive test for the diagnosis of gastric infection by Helicobacter pylori.

Infection with Helicobacter pylori is the most frequent cause of type B gastritis and is one of the most important factors in the pathogenesis of duodenal ulcer.

METHOD. The test is based on the administration of urea dissolved in water labeled with a natural isotope ^{13}C , a stable (non-radioactive) and absolutely safe isotope.

In the presence of Helicobacter pylori the labeled urea is rapidly hydrolyzed to marked CO_2 which will be measured in the tube containing the expired air.

INDICATIONS. The test must be performed on an empty stomach. The test should not be performed during therapy with anti-acids, antibiotics or proton pump inhibitors (lansoprazole, omeprazole, pantoprazole). Before performing the test it is necessary that the antibiotic therapy has been suspended for at least 4 weeks and that the anti-acid therapy has been terminated for at least two weeks.

A positive result does not in itself constitute an indication to establish antibiotic therapy for the eradication of *Helicobacter pylori*.
The test can be performed every day without a reservation.

6. Quantiferon (tubercular disease research)

Quantiferon TB Gold is a test for the detection of *M. Tuberculosis* infection (including active disease: tuberculosis). Tuberculosis (TB) is an infectious and contagious disease caused by the bacterium *Mycobacterium tuberculosis* or Koch's bacillus. Contagion occurs through droplets of saliva emitted while speaking, or when coughing or sneezing. The Quantiferon TB test was approved in the United States by the Food and Drug Administration as an aid in the diagnosis of latent infection with *Mycobacterium tuberculosis* in tuberculosis, in place of skin tests (Tine-Test). The test is based on the measurement of interferon-gamma released by sensitized whole blood lymphocytes incubated with the purified protein derivative of *M. Tuberculosis*. Compared to the skin test, the Quantiferon is:

- safer, non-invasive as it does not involve the administration of tuberculin;
- requires a single withdrawal of whole blood and does not require the patient to return for the interpretation of the test;
- is ideal in subsequent investigations because it is not associated with booster phenomena;
- does not present the risk of possible systemic side effects (except those related to a normal peripheral venous blood test);
- provides a laboratory data, positive or negative, with respect to a universal «cut-off» for all subjects, regardless of the risk factor to which they are exposed: less variability in the execution and reading of the results;
- the presence of a mitogen control allows to verify the patient's immune response. Specificity > 0 = 98.2% and sensitivity about 90%.

The test is suitable for people

- who are suspected of having active tuberculosis,
- at increased risk of progression in active tuberculosis (people with recent contact with cases of tuberculosis, changes in chest radiography compatible with previous tuberculosis, people with diabetes, silicosis, leukemia, lymphoma, lung cancer, etc.);
- at increased risk of latent tuberculosis (recent immigrants, residents and employees in high-risk communities such as prisons, shelters, health centers, etc.);
- at low risk of latent tuberculosis (military, hospital staff, health workers etc).

7. Lactose intolerance test

It is very common in adulthood, so much so that it is not considered a disease by the scientific world. Lactose intolerance occurs in case of deficiency of the enzyme lactase, that is when the enzyme capable of breaking down lactose, the main sugar of milk (cow's milk, goat's milk, donkey's milk) is missing. breast milk), in glucose and galactose. If it is not properly digested, the lactose that remains in the intestine is fermented by the intestinal bacterial flora with consequent production of gas and diarrhea. These symptoms appear 30 minutes to 2 hours after lactose intake.

During the life of an individual, intolerance can occur on three different occasions:

1. in the first case it can manifest itself due to a lack since the birth of the enzyme lactase and emerges when the child takes the milk for the first time. The newborn will therefore need to be fed lactose-free formulas. Since this is actually a very rare occurrence, it is best not to confuse lactose intolerance with cow's milk protein allergy, a more frequent condition during the first months of a baby's life; both intolerances produce a very similar symptomatology, but normally the allergy to cow's milk proteins causes hives and / or skin rash.
2. More common is lactose intolerance which occurs in the preschool-school age, when the activity of the enzyme lactase is progressively reduced until it disappears, sometimes completely, in adulthood.
3. Finally, lactose intolerance can occur due to acute infectious diarrhea, for example from rotavirus: in this case the intolerance is of a transitory type, regresses in 3-4 months and can occur at the beginning of diarrhea or during its course.

The test that can be performed in our laboratory concerns the direct search for the presence or absence of the mutation of the lactase gene. Mutations analyzed: research of the polymorphism -13910T / C in the promoter of the lactase gene
Technique used: PCR and RFLP.

The test can be performed using a buccal swab, therefore without blood sampling and without trauma even for children.

BEFORE COLLECTION



Correct position: outstretched arm and fisted hand to allow the location of the sampling point.

DURING THE COLLECTION



Correct position: arm extended, relaxed with closed hand to allow a correct and fast collection.

AFTER THE COLLECTION



Correct position: keep the arm relaxed and the hand open; the cotton must be pressed at the exact point of the collection, with the thumb, for 5 minutes, to avoid the formation of small haematomas.

COLLECTION OF BIOLOGICAL SAMPLES

Introduction: for any microbiological (cultural) investigation it is necessary that a possible antibiotic therapy has been suspended for at least 5 days. In the case of a different indication from your doctor, you must inform the laboratory staff of the medications you have taken.

Urine

- For a complete urine test: bring a sample of the first morning urine. The sample must be collected by discarding the first jet. It is preferable to use special disposable containers for sale or available at the laboratory itself. The representative quantity is about 10 ml. In case of menstrual cycle it is advisable to postpone the collection to 3 days after the conclusion.
- For the uroculture request: use a sterile jar type container, available at the laboratory or at the pharmacy. Collect the first morning urine. The sample must be obtained after proper cleaning of the external genitalia and after discarding the first jet of urine. The collection must take place directly in the sterile container, taking care not to touch the inner edges of the container. Carefully close the container and send it quickly to the laboratory.
- For children who are not yet autonomous, the collection of the urine sample both for the physical chemical test and for the uroculture must be carried out with the help of the appropriate pediatric bags available at the pharmacy. In the case of urine culture sample collection, the bag must be removed and replaced with a new one if the sample has not yet been collected within 30 minutes of application.
- For 24-hour urine collection: use the appropriate containers available in the pharmacy or at the laboratory. Harvesting begins with the second urine of the day, collecting all the urine released during the day, including that of the night and the first of the morning of the second day. However, it is advisable to check with the laboratory if you need to follow other specific indications (restrictive diets).
- For urinary cytology, collect the second morning urine after carefully washing and drying the external genitals. The urine must be collected directly in the appropriate container (the same sterile container used for urine culture). The required quantity is at least 30 ml (more than half a jar). Generally the request is for 3 samples that must be collected in three successive days. Each sample must be delivered on the day of collection.

Feces

The necessary and sufficient quantity of sample to be sent to the laboratory is the same as a walnut (two of the small sticks present in the container). It is strongly recommended not to completely fill the appropriate container available in the pharmacy or at the laboratory itself.

- Search for pests and their eggs. It is advisable to carry out the search on three samples of three distinct discharges. Each sample must be fresh and delivered to the laboratory during the hours of acceptance.
- If the diagnostic suspicion is due to the presence of Ossiuri eggs in addition to what is indicated in the previous paragraph, it is necessary to perform the scotch test. The test involves the application on the anal orifice of a piece of transparent adhesive tape that is used to collect the eggs that may be deposited during the night, the adhesive tape must then be removed and gently glued on the slide that was delivered by the laboratory.
- Search for occult blood. It is not necessary to follow a diet without meat. It is advisable to carry out the examination on at least 3 different samples of discharges (or days).
- *Helicobacter pylori* (direct research in faeces): It is advisable to collect an early morning sample, but if this is not possible, faeces from the day before are kept in the fridge. It is necessary to have suspended the pharmacological treatment with proton pump inhibitors and bismuth-based drugs for at least two weeks.

Seminal fluid

- Spermogram: A period of abstinence from sexual intercourse of not less than 3 and not more than 7 days is necessary. After thorough genital hygiene, collect the entire sample, by masturbation, in a sterile container; deliver the sample immediately to the Laboratory, never more than 30 minutes, transport the sample warm (between 20 and 36 °). The exam must be done by appointment.
- Spermiculture: collect the sperm sample directly into a sterile container. Abstinence from sexual intercourse is recommended in the previous 24-48 hours.

Biological swabs

- Urethral swab: It is advisable to take the sample early in the morning (7.30 am) holding the urine for at least 2 hours.

The exam must be done by appointment.

- Vaginal swab: It is advisable not to wash the genitals from the night before and to abstain from sexual intercourse at least 48 hours before the examination.

If performed by your Specialist, it can be delivered to the Laboratory within 24 hours (keeping it at room temperature). Dedicated materials should be used for Mycoplasma and Chlamydia research.

- Pharyngeal swab: It is advisable to be fasting for 2 hours.

Although access to the laboratory is generally without reservation for certain exams, it is advisable to arrange an appointment for execution only by telephone with the sole purpose of improving possible waiting times and methods of execution.

Tests that require the patient to remain

- Serious withdrawal for prolactin dosing (the patient must remain relaxed and in the dark after 20 minutes for a second sample).
- Collection for renin and / or aldosterone dosage in upright posture and tilting. After the first sampling, the patient must lie down for two hours in the dark, awaiting collection for the standing position.
- Glycemic curve.

24-hour urine collection

- The sample must be collected in the appropriate plastic containers available in a row or at our office.

On the morning of the first day go to the bathroom and urinate normally. From this moment on, collect all the urine emitted during the day and night including those of the morning of the second day up to the same time the bladder was emptied the day before. It is possible to note the total quantity collected (the container supplied has a volume scale marked on the side) and to deliver in the laboratory only a part of the collection (jar of urine) communicating the total volume collected and taking care to mix the total collection before decanting.

ACIDIFIED COLLECTION: for the following tests it is required to pour the acidifier tube delivered by the laboratory into the container at the time of collection start

- URINARY NORMETHANEFINES • OXALIC AC
- AC. VANILLYMANDELIC
- IDROSSICORTICOIDI • aldosterone
- DOPAMINA URINARIA • AC. 5 OH INDOLACETIC
- ADRENALINE - NORADRENALINE • METANEFINE URIN.

COLLECTION AFTER DIET

or FRACTIONAL CATECOLAMINS (adrenaline, nor-adrenaline, dopamine):

The following drugs can interfere by increasing the results: isoproterenol, acetaminophenone.

The following foods should be avoided in the previous 2 days and during the harvest: bananas, coffee, cocoa, tea, vanilla.

o ACIDO VANIL MANDELICO:

The following drugs can interfere by increasing the results: chlorpromazine, aimalina.

The following foods should be avoided in the previous 3 days and during the harvest: coffee and caffeine, tea, bananas, chocolate, nuts, grapes, plums and tomatoes

or 5-INDOLACETIC HYDROXIC ACID:

The following drugs can interfere by decreasing the results: chlorophenylalanine, isocarboxazid, aminoxidase inhibitors, acetylsalicylic acid, chlorpromazine, phenacetin, phenothiazine, resurprin.

The following foods should be avoided in the previous 3 days and during the harvest: pineapple, avocado, bananas, kiwy, prunes, coffee, cocoa, tea, nicotine, vanilla.

Exams that require an appointment with the specialist

- Spermogram
- Male urethral swab

FOR COMPANIES

FOR COMPETENT DOCTORS

The current legislation (DL 81/2008 TESTO UNICO) identifies company types and production cycles that must be subjected to sanitary supervision in order to protect the health of workers and the healthiness of the environment.

The Selab analysis laboratory supports the competent physicians in performing the health surveillance required by current legislation, also offering a series of additional services such as the reporting of values outside the reference intervals and the statistical average on exams with numerical value for provide a general picture of the health situation of that Company. If required, it is also possible to provide a technical sheet on single analytes related to substances subject to biotoxicological investigation.

During 2008, health surveillance also came into effect as a result of a drug addiction assessment. Also in this thorny field the Selab laboratory has chosen, in full compliance with the law to work alongside the competent doctor, choosing a method that allows performing tests directly at the workplace (where suitable for a correct collection of the biological sample), or at the doctor's office, or at one of the laboratory's offices.

The drug addiction test from this year (2014) can also be managed only as a controlled collection of the sample at the Company and subsequent analysis at the Laboratory; in any case it is necessary to contact the secretariat of occupational medicine.

All reports are available for the competent doctor who requests credentials, on the portal <http://www.lifebrain.it/laboratorioselab/>. The reports are grouped by Company.

It is possible to download your report from the Laboratory website at the address <http://www.lifebrain.it/laboratorioselab/>

Even your own doctor has the possibility, after authorization of the patient, to see the reports of your patients. The authorization must be given at the time of acceptance. On this occasion, a username and password will be issued for access.

Once entered, it is required to immediately change the password with a password of at least 8 characters (it is advisable to use letters and numbers but avoiding symbols).

If you have forgotten your password, you can activate the sending of a new password by contacting Selab and providing your email address, the new password will be released to the e-mail address communicated.

CHECK UP PROPOSALS

You can present yourself at our workshop to perform some check-ups even without a commitment.

➤ TO FACILITATE THIS WE SUGGEST SOME PROFILES OF EXAMINATIONS (check up) USEFUL TO HAVE A SIGNIFICANT FRAMEWORK OF YOUR STATE OF SA – LUTE IN RELATION TO THE MOST FREQUENT PATHOLOGIES.

➤ REMEMBER THAT THE RESULTS OF THE PERFORMED EXAMINATIONS MUST ALWAYS BE SHOWN ON THEIR OWN MEDICAL DOCTOR FOR A CORRECT INTERPRETATION.

IN PARTICULAR, IT IS FUNDAMENTAL FOR THESE TUMORAL EXAMINATIONS: THEIR INCREASE DOES NOT AUTOMATICALLY MEAN THE PRESENCE OF NEOPLASTIC DISEASE: THE DOCTOR WILL DEFINE THE ACCURATE MEANING FOR EACH PERSON.

➤ THE EXAMS THAT WE PROPOSE, IF THEY DO NOT HAVE SPECIAL DETAILS FOR PATHOLOGY OR INCOME, HAVE A LOWER COST PRIVATE IN A PRACTICAL MODE THAT EXECUTES THEM AT A PUBLIC STRUCTURE.

➤ THE DIRECTOR AND THE STAFF ARE AVAILABLE FOR ANY OTHER NECESSARY INFORMATION

The proposed packages are available to the public in dedicated brochures.

POLIAMBULATORIO

THE FOLLOWING SPECIALISTS ARE ACTIVE WITH OUR OFFICES:

PIOMBINO DESE

INTERNAL ECOGRAPHY: DOTT. Menegus

NUTRITIONAL BIOLOGIST: DR. LISA BAESSO

CAMPODARSEGO

NUTRITIONAL BIOLOGIST: DR. MANUELA MIUZZO

PSYCHOLOGIST: DR. RITA ZOBEL

ALSO AT ALL OUR OFFICES, THE ELECTROCARDIOGRAM CAN BE PERFORMED BY APPOINTMENT



