

## INFORMATION AND INSTRUCTIONS FOR PROPER LABORATORY TEST PREPARATION

**1. Check** with the prescribing Physician whether the prescribed tests require special procedures for the preparation or collection of biological samples; in this respect, please refer to the "Elenco delle prestazioni di Laboratorio" (List of Laboratory Services) published in the home page of the health unit website (<http://www.asst-valcamonica.it>), under the section "A portata di click" (Just a click away), where detailed instructions for patient preparation and sample collection can be found. The Patient Preparation methods are also available at all the ASST PuPs; at these locations you can pick up for free the containers necessary for the collection of the samples.

### 2. General Rules

Fasting for at least 8 hours and no more than 12 hours is required; it is possible to drink only water overnight.

In the three days before the collection, the diet should be balanced and intense physical activity should be avoided. In some cases, it is necessary to follow a specific diet (as indicated in the "List of Laboratory Services" above); do not smoke in the hours before collection.

### RULES FOR COLLECTING REPORTS

The results of the tests cannot be communicated by telephone (privacy law) except for "critical" values for which immediate communication to the person concerned or to the Attending Physician by the Laboratory Staff is provided.

The results of the tests are available online at the Electronic Health Record (EHR). Access codes can be obtained from the CUP (Centro Unico di Prenotazione – Single Booking Center)

For any problems, please contact the Laboratory Secretariat at:

- Esine Hospital

Monday to Friday, from 8 a.m. to 3.42 p.m. Phone 0364 369342

- Edolo Hospital

Monday to Friday, from 7 a.m. to 2.30 p.m. Phone 0364 772546

### NOTES for collection

Please bring the collection form with you.

In compliance with the Privacy Law: a written proxy and the presentation of suitable ID by the proxy is required for the collection of the report by an individual other than the person concerned.

Esine: at the information desk: Monday to Friday from 8 a.m. to 6 p.m.; Saturday from 8 a.m. to 3.30 p.m.

Edolo: at the reception every day, holidays included, from 7 a.m. to 8 p.m.

Darfo: at the Single Booking Center of the Casa della Comunità: Monday to Friday from 8 a.m. to 12.30 p.m. and from 1.30 p.m. to 3.30 p.m.

Bario: at the Angelo Maj Nursing Home: Monday to Saturday from 7 a.m. to 1 p.m.

Pisogne: at the Single Booking Center in the morning Monday to Friday from 8 a.m. to 12.30 p.m. and in the afternoon on Tuesday from 1.30 p.m. to 4.30 p.m.; on Thursday from 1.30 p.m. to 3.30 p.m.

Ponte di Legno: at the Municipality Tuesday to Friday from 8 a.m. to 12 p.m. and from 2 p.m. to 4 p.m.

Capo di Ponte: at the Fratelli Bona Nursing Home Monday to Friday from 9 a.m. to 11 a.m.

Cedegolo: at the Casa della Comunità on Monday from 7.30 a.m. to 10.30 a.m.

For urgent tests: in Esine and Edolo the results of the test can be collected on the same day from 4 p.m., on Saturday from 2 p.m. to 3:30 p.m.

Monitoring of oral anticoagulation therapy (INR – International Normalized Ratio):

In Esine and Edolo the results of the tests can be collected on the same day from 3 p.m., on Saturday from 2 p.m. to 3.30 pm. In Darfo and Pisogne on the day of the sample collection from 2 p.m.

The results of the tests can be sent to your home (the registered letter shall be paid by the recipient): requests must be submitted with the Secretariat of the sample collection room and a form filled out with all the details necessary for sending the results.

Performance of subsequent tests: if further tests are necessary to complete the diagnostic work-up, according to the Regional Guidelines, the Laboratory will proceed to perform them where possible so that the patient will not have the discomfort of going to the doctor for a new prescription and undergo an additional sample collection, thus reducing the time for diagnostic conclusions. The most frequent case is culture tests: in case of positivity, it is necessary to proceed to germ identification and antibiogram. The cost of the added services will be charged when the results of the tests are collected.

## SERVICES DEPARTMENT

### CLINICAL PATHOLOGY LABORATORY

Sistema socio-sanitario  
Regione Lombardia  
ASST Valcamonica

	<p>www.asst-valcamonica.it          Regione Lombardia          Mod. 0041/ASST GS LAB 001 rev. 04 del 14.09.2022</p>	
<p><b>GENERAL INFORMATION</b></p> <p>The Analytical Laboratory Service (Clinical Pathology) is a Complex Structure of the Services Department.</p> <p>The simple structures that make it up are:</p> <ul style="list-style-type: none"> <li>- Decentralized testing laboratories</li> <li>- Allergology, Immunology and Molecular Biology</li> </ul> <p>The Clinical Pathology Laboratory Service is organized at the two sites in Esine and Edolo and analyzes blood and other biological samples, of:</p> <ul style="list-style-type: none"> <li>- clinical biochemistry</li> <li>- hematology and coagulation</li> <li>- microbiology and parasitology</li> <li>- serological diagnostics of infectious diseases</li> <li>- endocrinology</li> <li>- allergology and immunology</li> <li>- molecular biology.</li> </ul> <p>Tests that cannot be performed directly at the Clinical Pathology Laboratory are sent in service (sample collection and shipping are paid for by the Service).</p> <p>The Medical Staff also performs:</p> <ul style="list-style-type: none"> <li>- sample collection of vaginal and urethral secretions for sexually transmitted infections</li> <li>- skin and skin-related sample collection for mycological investigations</li> <li>- supporting visits for hemocoagulation in the Operating Units.</li> </ul> <p><b>ACCESS TO EXTERNAL PICK-UP POINTS (PuPs).</b></p> <p>ASST Valcamonica has two Pick-Up Points located within the hospitals of Esine and Edolo.</p> <p>ESINE venue          Via Manzoni, 142 - 25040 Esine          Secretariat: Phone 0364 369342          Fax: 0364 369407          E-mail: laboratorio@asst-valcamonica.it</p> <p>EDOLO venue          Piazza Donatori di sangue, 1 - 25048 Edolo          Secretariat: Phone 0364 772546          Fax: 0364 772531          E-mail: labedolo@asst-valcamonica.it</p> <p><b>ACCESS HOURS</b></p>	<p><b>ACCEPTANCE</b></p> <p><b>Esine</b>  <b>Acceptance begins at the CUP counters and provides preferential access for certain categories:</b></p> <ul style="list-style-type: none"> <li>- disabled citizens</li> <li>- children under 10 years of age</li> <li>- persons who need to perform the oral glucose tolerance test</li> <li>- persons undergoing on oral anticoagulation therapy (OAT)</li> <li>- persons who only need to deliver samples of biological material (urine, stool, etc.)</li> <li>- persons undergoing tests for Preventive Medicine.</li> </ul> <p>Acceptance is regulated through a queue management system giving out different coupons depending on the priority assigned to the specific categories.</p> <ul style="list-style-type: none"> <li>- access the counter number indicated on the digital display for administrative acceptance</li> <li>- go to the Sample Collection Room</li> </ul> <p>Deliver to the administrative staff the documentation, the labels issued by the CUP and pick up the test tubes</p> <ul style="list-style-type: none"> <li>- the form for collecting the results of your test will be returned to you</li> <li>- take a seat in the small room and wait for the display to signal the call for access to the sample collection box</li> <li>- at the end exit the premises following the signs.</li> </ul> <p><b>Edolo</b>  <b>Acceptance begins at the CUP counters with a queue management system similar to that at the Esine Hospital</b></p> <ul style="list-style-type: none"> <li>- pick up the ticket with the progressive number from the ticket dispenser</li> <li>- access the counter number indicated on the display for administrative acceptance</li> <li>- the Sample Collection Room is located within the Outpatient Clinics</li> <li>- deliver the GP referral, the collection form with the relevant labels issued by the CUP to the Sample Collection Room counter and pick up the tubes</li> <li>- the collection form will be returned to you</li> <li>- take a seat in the waiting room and wait on the display for the call within the Sample Collection Room</li> <li>- access the Sample Collection Room</li> <li>- exit at the marked exit</li> <li>- staff will manage access according to priority.</li> </ul> <p><b>VAGINAL SECRETION SAMPLE COLLECTION</b>  <b>ESINE venue: Monday to Friday at 10 a.m.</b>  <b>EDOLO venue: Wednesdays from 8 a.m. to 9 a.m.</b></p>	<p><b>Please note that on Saturday not all tests can be performed.</b></p> <p>To facilitate citizen access, the Health Unit has activated <b>PuPs</b> also at the territorial venues of Darfo, Pisogne, Ponte di Legno, Boario Terme (at the A. Maj Nursing Home), Capo di Ponte (at the F.lli Bona Nursing Home) and Cedegolo. Access to the PuPs is allowed to all citizens according to the procedures described below.</p> <p><b>Boario Terme</b>          Location: via G.Galilei, 16 c/o Nursing Home Fondazione Residenza A. Maj. The service is provided both by prior reservation at the Nursing Home A. Maj as well as upon free access for all Persons.          Testing days: Monday to Friday from 7 a.m. to 9:30 a.m.</p> <p><b>Darfo</b>          Location: Via A. Barbolini, c/o Casa della Comunità. The service is provided either by prior appointment at the A. Maj Nursing Home and upon free access for all Persons.          Testing days: Monday, Wednesday and Friday from 7:30 a.m. to 9:00 a.m.</p> <p><b>Pisogne</b>          Location: Via Antica Valeriana, Phone 0364 540102. The service is provided both with prior reservation at the S. Maria della Neve Nursing Home and upon free access for all Persons.          Testing days: Monday, Tuesday, Thursday and Friday from 7 a.m. to 9 a.m.</p> <p><b>Ponte di Legno</b>          Location: P.le Europa, at the Casa della Comunità. Booking procedure: by Tuesday or by Thursday at 11 a.m. by delivering the GP request at the Municipality.          Testing days: Wednesday and Friday from 7:30 to 8:30 a.m.</p> <p><b>Capo di Ponte</b>          Location: Via G.Marconi,3 Phone 0364 42046.          The service is provided both with prior reservation at the F.lli Bona Nursing Home and upon free access for all Persons.          Testing days: Monday to Friday from 7:30 a.m. to 9:00 a.m.</p> <p><b>Cedegolo</b>          Location: Via Nazionale, 103 at the Casa della Comunità. The service is provided both by prior reservation at the F.lli Bona Nursing Home in Capo di Ponte and upon free access for all Persons.          Testing days: Mondays from 7:30 a.m. to 9:00 a.m.</p> <p>In territorial PuPs, samples are collected only for tests for which the proper conditions of collection, storage and transport can be guaranteed.</p>

ESINE venue: Monday to Saturday  
from 7 a.m. to 9.30 a.m.  
EDOLO venue: Monday to Saturday  
from 7 a.m. to 9.30 a.m.

**SAMPLES OF URETHRAL SECRETIONS AND FOR  
MYCOLOGICAL EXAMINATIONS**  
ESINE venue: Wednesday to Friday at 10 a.m.  
EDOLO venue: not performed.