

Cooper Green *Mercy* Health Services Laboratory Services



Cooper Green Mercy Health Services Laboratory is a clinical and diagnostic laboratory focusing on accuracy and efficiency in patient care. Services include blood banking, clinical chemistry, coagulation, cytology, hematology, immunology, serology, histology, pathology, cytopathology, and surgical pathology. It is in keeping with and in support of the CGMHS's mission "to service Jefferson County residents with quality healthcare regardless of the ability to pay" and "to seek continuously to improve our services."

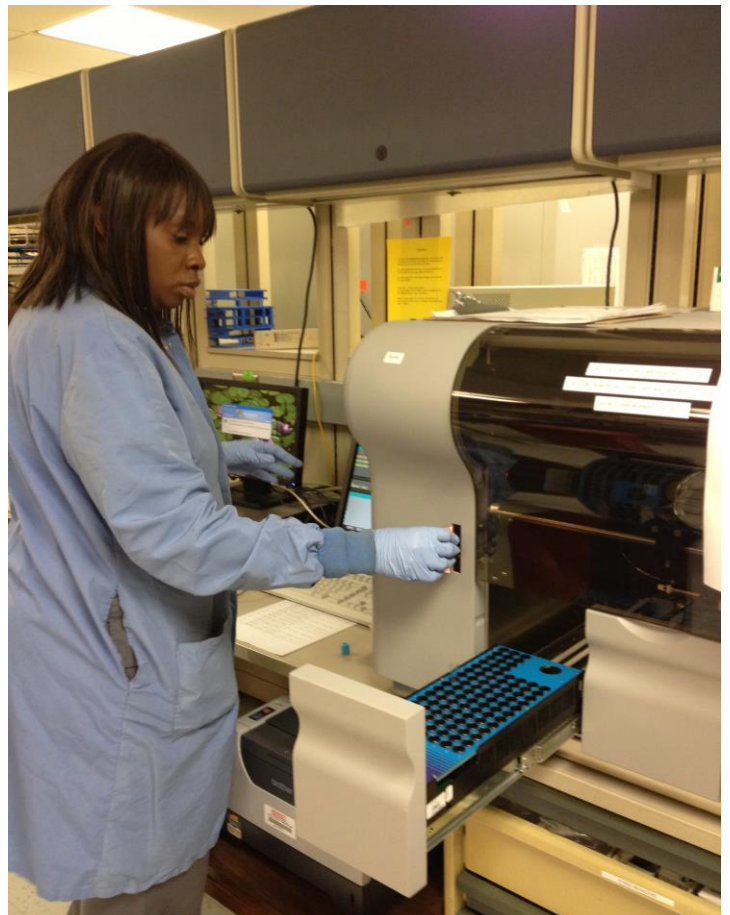
The Laboratory is accredited by the College of American Pathologists. This accrediting agency requires professional peer review, education, and compliance with established performance standards. As part of Cooper Green Mercy Health Services' ongoing quality improvement program, the quality and appropriateness of the laboratory's services is monitored objectively and evaluated systematically to pursue opportunities to improve patient care and to resolve identified problems.

Hours of Operation

The Laboratory is open 5 days a week from 7am to 7pm Monday through Friday and from 9am to 5pm on weekends. Laboratory testing is available for Cooper Green patients, by their physician's order. Laboratory services are provided to Cooper Green Mercy Health Services' urgent care center and ambulatory clinics.

The Purpose of the Laboratory

The laboratory has the responsibility to provide physicians with accurate and reliable test results so that the appropriate care can be given to our patients. Laboratory measurements are used by physicians for two purposes: to identify diseases within an individual, and to follow the progress of the disease under medical therapy.



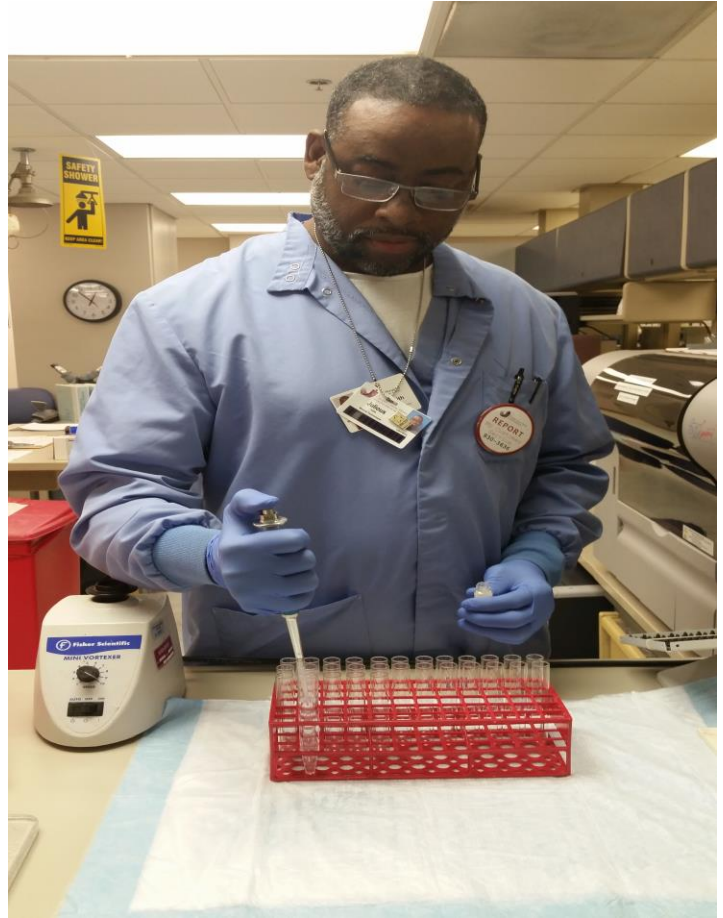
Blood Collection

Physicians may need to order laboratory tests during your visit to the clinic or urgent care. Once orders are entered for laboratory testing, the patient will need to visit the lab for blood, urine, or stool collection.

A trained Patient Care Technician (PCT) will perform a blood draw or collect urine or a stool specimen from the patient. The blood draw involves using a needle and blood collection system to take blood from the vein. There is a minor discomfort involved, but it only lasts for a few seconds. Several tubes may be drawn based on the test order that has been written by the physician. Although several tubes may be needed, only one needle stick is performed on the patient.

Fasting Test

If your physician tells you to "fast" before your test(s), this means that you should not have anything to eat or drink for a minimum of eight hours before the specimen is drawn. This



means no juice, toast or coffee. You are able to have water while you are fasting. Consult with your physician about taking or withholding regular medications.

Rapid Access to Results

Your physician can access virtually all of your tests results performed by the Laboratory via the Cooper Green Mercy Health Services' computer system. The laboratory strives to provide rapid turnaround times of test results so that your physician can provide quick medical diagnosis.



Tests Requiring Special Instructions:

Some tests require the patient to prep before taking the test. They may need to fast or not eat certain foods or drinks. Some test are performed at home and are collected over a period of time.

Test:	FIT Test (Occult Blood)
Purpose of test:	This test is used to check the stool for blood.
Foods to avoid prior to testing:	None
Instructions:	<ol style="list-style-type: none">1. For best results, patients should carefully follow the instructions provided in the FIT test kit.2. Take out the provided sample collection brush from the kit. Flush the toilet before your bowl movement.3. After the bowl movement, use the provided waste bag to put the toilet paper in. Do not flush the toilet.4. Lift up the flap labeled “A” on the test card. Take the blue brush and gently brush the surface of the stool (or stool water for loose stools) for 5 seconds.5. Remove the brush from the water and shake of any excess stool clumps.6. Transfer the water sample by dabbing the brush on the sample A square on the test card.7. Close the flap and seal the sample with the provided labels. Be sure to write your name, date of birth and sample collection date on the label.8. Upon the next bowl movement collect a second sample (sample B), following the same steps above.
After collection instructions:	After collection, mail or return the testing material to the lab.
Questions:	Please call your clinic nurse or the lab at 205-930-3340 if you have additional questions.
Test:	Occult Blood (Not FIT Test)
Purpose of test:	This test is used to check the stool for blood.

Foods to avoid prior to testing:	<p>For three days before and during stool collection period, do not eat red meats such as beef, lamb, and liver.</p> <p>Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.</p>
Instructions:	<ol style="list-style-type: none"> 1. For accurate test results, apply samples from bowel movements collected on three different days to slide. 2. Do not collect sample if blood is visible in your stool or urine (for example, menstruation, active hemorrhoids, urinary tract infection) 3. For the most accurate test results, collect each stool sample before contact with the toilet bowl water. You may use any clean dry container. 4. Return completed slides to your doctor or laboratory within 7 days of first sample collection. 5. Protect slides from heat, light and chemicals like iodine, ammonia, bleach, and household cleaners. 6. Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.
After collection instructions:	<p>After collection, return the testing material to the clinic or lab as directed by your nurse or physician.</p>
Questions:	<p>Please call your clinic nurse or the lab at 205-930-3340 if you have additional questions.</p>
Prueba:	Sangre oculta
Propósito del Examen:	<p>Para chequear las heces para sangre oculta.</p>
Comidas que se deben de evitar antes del examen:	<p>Por tres días antes de y durante el período de la colección de sus heces, no coma carnes rojas tal como la res, el cordero, el chivo, o el hígado.</p> <p>Coma una dieta equilibrada llena de fibra, tal como los cereales fibrosos, frutas, y vegetales.</p>
Instrucciones:	<ol style="list-style-type: none"> 1. Para un examen eficaz, aplique muestras de sus heces coleccionadas sobre tres días a la tarjetita que le han entregado. 2. No coleccioné una muestra si se puede ver sangre en sus heces o su orina (o sea, durante la menstruación, cuando tenga hemorroides activos, o una infección urinaria. 3. Para el examen más eficaz, coleccioné cada muestra antes de que caiga al agua del inodoro. Se puede usar cualquier contenedor seco.

	<ol style="list-style-type: none"> 4. Devuelva la tarjetita completada a su doctor o al laboratorio dentro de 7 días después de la colección de la primera muestra. 5. Proteja la tarjetita contra el calor, la luz, y químicos como el iodo, la amonía, o los detergentes. 6. Saque cualquier limpiador automático del tanque del inodoro, y suelte agua dos veces antes de proceder.
Instrucciones para el fin de la colección:	Después de terminar la colección, devuelva la tarjetita a la clínica o el laboratorio tal como le ha instruído su enfermera o medico.
Preguntas:	Favor de llamar a la enfermera de su clínica o al laboratorio, 205-930-3340, si Ud. tuviera preguntas adicionales.
Test:	24 Hour Urine
Where to pick up container:	You will pick up the appropriate urine container for collection at the Laboratory on the first floor of Cooper Green Hospital. The 24-hour urine specimen will be collected at home.
Purpose of test:	This test is used to help your doctor assess kidney function and may aid in identifying various disorders.
Urine Collection Instructions:	<p>Follow these instructions to collect your 24-hour urine specimen:</p> <p>You will find it more convenient to void (urinate) into the smaller container provided and transfer the urine into the larger collection container. Do not add anything but urine to the container and do not pour out any liquid or powder that may already be in the collection container. These substances may cause burns if touched. The collection container should be kept refrigerated throughout the collection period.</p> <ol style="list-style-type: none"> 1. Upon arising in the morning, urinate into the toilet, emptying your bladder completely. Do not collect this sample. Note the exact time and print it on the container label. 2. Collect all urine voided for 24 hours after this time in the container provided by the physician. All urine passed during the 24-hour time period (day or night) must be saved. Urine passed during bowel movements must also be collected. 3. Refrigerate the collected urine between all voidings or keep it in a cool place. 4. At exactly the same time the following morning, void completely again (first time after awakening), and add this sample to the collection container. This completes your 24-hour collection.

After Collection Instructions:	Take the 24-hour specimen to the physician's office or laboratory as soon as possible, maintaining the cool temperature in transit by placing the specimen in a portable cooler or insulated bag.
Questions:	Please call the lab at 205-930-3340 if you have additional questions.
Prueba:	Orina de 24 Horas
Donde recoger las botellas:	Recoja la botella para la colección de la orina en el Laboratorio ubicado en el primer piso del Hospital Cooper Greene. La muestra de 24 horas se coleccionará en casa.
Propósito del examen:	Su médico usará este examen para evaluar el funcionamiento de sus riñones, que podría ser útil en la identificación de varios desórdenes.
Instrucciones para la colección del orina:	<p>Siga estas intrucciones para coleccionar su muestra de 24 horas de orina:</p> <p>Será más conveniente orinar dentro de la botella más pequeña proveída y después transferir la muestra a la botella más grande. No añada nada a las botellas, salvo la orina, ni tampoco saque cualquier polvo o líquido que se encuentre dentro de ellas. Estas sustancias podrán quemarle si las tocas. La botella grande se debe mantener bajo refrigeración durante todo el tiempo de la colección.</p> <ol style="list-style-type: none"> 1. Al despertar, debe de orinar en el inodoro, vaciando su vejiga completamente. Mire la hora exacta y escríbala en la etiqueta de la botella. 2. Coleccione toda la orina vaciada durante las próximas 24 horas, en la botella que le entregó su médico. Toda la orina orinado durante este período de 24 horas (sea día o noche) debe de ser coleccionada. La orina orinada cuando haga de baño también debe de ser coleccionada. 3. Mantenga la orina coleccionada refrigerada, o manténgala en un lugar frío. 4. A la mismísima hora la siguiente mañana, orine nuevamente, vaciándose completamente (la primera orina de la mañana), y añada esta muestra también a la botella. Esto completa su colección de 24 horas.
Instrucciones para después de la colección:	Lleve la muestra de 24 horas a la oficina del médico o al laboratorio inmediatamente, manteniendola fría dentro de una hielera o bolsa insulada o con hielo.
Preguntas:	Favor de llamar al laboratorio, 205-930-3340, si Ud. tuviera preguntas adicionales.

Test:	Two 24 Hour Urine Tests With Multiple Jugs (One with preservatives and one without)
Where to pick up containers:	You will pick up the appropriate urine containers for collection at the Laboratory on the first floor of Cooper Green Hospital. The 24-hour urine specimen will be collected at home.
Purpose of test:	This test is used to help your doctor assess kidney function and may aid in identifying various disorders.
Urine Collection Instructions:	<p>Follow the directions below to collect urine. Remember to store all urine in the refrigerator from the time collection begins until you take the containers to the lab. Important: Do not allow the urine from one container to mix with the urine in the other container.</p> <p>First 24-Hour Urine Collection (HCl Preservative)</p> <ol style="list-style-type: none"> 1. Urinate in the usual manner on awakening, making sure to empty your bladder completely. Do not save this urine, but you must record the date and time of this first urination. Example: 03/13/06, 7:30 AM. 2. All urine passed during the remaining 24-hour period must be collected in this first container, labeled "HCl Preservative." Urine passed during bowel movements must also be collected. 3. Urine may be collected in another clean container and then carefully poured into the first 24-hour collection container. 4. The next morning, urinate on awakening, but this time include the urine in the HCl preservative container. Record the date and time of this urination. Example: 03/14/06, 7:30 AM. This is the last sample to be included in the container marked "HCl Preservative." <p>Second 24-Hour Urine Collection (No Preservative)</p> <ol style="list-style-type: none"> 1. Record the date and time of the first urine of the day. This first urine is the same specimen you have just included in the HCl preservative container. (See number 4 above.) 2. From now on, all urine passed for the next 24-hour period must be included in the second container, labeled "No Preservative." Urine passed during bowel movements must also be collected. 3. Urine may be collected in another clean container and then carefully poured into the second container. 4. On the following morning, the first urine of the day must be included in this second container. Record the date and time of this urination. Example: 03/15/01, 7:30 AM. This is the last sample to be included in the container labeled "No Preservative."

After Collection Instructions:	Take the 24-hour specimens to the physician's office or laboratory as soon as possible, maintaining the cool temperature in transit by placing the specimen in a portable cooler or insulated bag.
Questions:	Please call the lab at 205-930-3340 if you have additional questions.
Prueba:	Dos 24 Pruebas de Orina Horas Con Varias Jarras (Uno Con Conservantes y Sin)
Donde recoger las botellas:	Recoja las botellas para la colección de la orina en el Laboratorio, ubicado en el primer piso del Hospital Cooper Greene. Usted coleccionará las muestras en su hogar.
Propósito del examen:	Para ayudar a su médico a asesorar el funcionamiento de sus riñones que podría ayudar en la identificación de varias desórdenes.
Instrucciones para la colección del orina:	<p>Siga las direcciones siguientes para la colección de la orina. Recuerde de almacenar todo la orina bajo refrigeración desde el momento en que comience la colección hasta el momento que la lleve al laboratorio. OJO: No permita que la orina de una botella se mezcle con la orina de la segunda botella.</p> <p>Primera Colección de 24 horas (preservada con HCl, un ácido potente)</p> <ol style="list-style-type: none"> 1. Orine de la manera usual al despertarse, asegurándose que haya vaciado su vejiga completamente. No pongas esta orina en ninguna de las botellas, mas debes de anotar la fecha y la hora de su primera orina (o sea: 13 de marzo de 2006, 7:30 a.m.). 2. Toda orina orinada durante las siguientes 24 horas debe de ser añadida a la primera botella, a la que se le ha puesto la etiqetta "HCl Preservative." La orina orinada cuando haga de baño también debe de ser coleccionada. 3. Lo encontrará más conveniente orinar dentro de la botella más pequeña proveída y después transferir la muestra a la botella más grande. 4. Al despertar el siguiente día, orine nuevamente y añada esta orina a la botella con etiqetta "HCl Preservative." Anote la fecha y la hora de esta orina (o sea: 14 de marzo de 2006, 7:30 a.m.). Esta debe de ser la última muestra incluída en esta botella. <p>Segunda Colección de 24 horas (sin preservativo)</p> <ol style="list-style-type: none"> 1. Ahora, anote la fecha y la hora de la última orina que añadió a la primera botella también en la etiqetta de la segunda botella. Pero, no añada ninguna parte de esa orina a esta botella. 2. Comenzando con la segunda orina del día, toda la orina orinada durante las próximas 24 horas debe de ser añadida a la segunda botella, a la que se le ha puesto la etiqetta "No Preservative." La orina orinada cuando haga de baño también debe de ser coleccionada.

	<ol style="list-style-type: none">3. Será más conveniente orinar dentro de la botella más pequeña proveída y después transferir la muestra a la botella más grande.4. Al despertar el siguiente día, orine nuevamente y añada esta orina a la botella con etiquetta “No Preservative.” Anote la fecha y la hora de esta orina (o sea: 15 de marzo de 2006, 7:30 a.m.). Esta debe de ser la última muestra incluída en esta botella.5.
Instrucciones para después de la colección:	Lleve la muestra de 24 horas a la oficina del médico o al laboratorio inmediatamente, manteniéndola fría dentro de una hielera o bolsa insulada o con hielo.
Preguntas:	Favor de llamar al laboratorio, 205-930-3340, si Ud. tuviera preguntas adicionales.