

INSTRUCTIONS FOR SAMPLE COLLECTION OR PATIENT'S PREPARATION PROLACTIN TEST

Dear patient,

In order to ensure a reliable result, please follow the instructions below:

- Come at the Clinical Laboratory in 8-to-12-hour fasting conditions, exactly 2 hours after you have waken up. (It is essential that the collection is performed as close as possible to two hours after you have waken up). Please report this to the laboratory assistant upon your arrival at the laboratory waiting room.
- Wait two weeks in case your sleep cycle has been altered (night work, staying up late frequently, travelling from a place in a time zone more than two hours apart).
- Avoid nipple stimulation, breast-feeding or a breast exam during the previous 24 hours.
- Avoid having sex two days before sample collection.
- Do not perform vigorous exercise the night before or the morning of the sample collection day.
- In case you take tranquilizers, estrogens, dopamine receptor blocking agents (for example, phenothiazines), dopamine antagonists (for example, metoclopramide, domperidone), alpha methyl dopa, cimetidine, opioids, antihypertensive drugs and other antidepressants and antipsychotics, please inform it at the moment of sample collection.
- Do not take multivitamins or dietary supplements containing biotin or B7 vitamin twelve hours before collecting the sample(s); they are commonly found in hair, skin, and nail supplements.
- If your physician prescribes a Prolactin Pool, you must have 1 hour of availability in order to take the test: three samples are collected at intervals of 20 to 30 minutes. The test requires the patient to be at rest during the sample(s) collection.
- If you have any questions, please call us at phone number 331 90 90 (Ext. 4154 - 3152)

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.