

Dear Clients, we recommend you to pay attention to the following rules of preparations before the examination in microbiological laboratory.

For reasons of microbiological laboratory examination, the sampling of biological material should be provided before the treatment with antibiotics, with strictly adherence to the sampling technique and all antiseptic rules.

Urogenital swab

24 hours before providing urogenital swabs avoid using local-influence drugs, do not take a bath /previous evening also/ and, if possible, implement the sampling procedure before urination or 2-3 hours after it. For women the sampling is performed before menstrual cycle or 1-2 days after it /the examination results of samples, which have been performed during menstrual cycle, is not complete/.

Urogenital swabs should be provided before antibiotic and antifungal therapy or 7-14 days after performing /if it is prescribed by the doctor/.

Microbiological examination of urine

Keep the hygiene of external genital organs. During the urine sampling it is advisory for women vagina should be pervaded with a cotton tampon /after examination the cotton tampon should be removed/: Urine should be sampled in a sterile container. It is required to take the sample the morning urine by the following method: skip the first portion of urine and collect the next portion in sterile container. Provide the urine sample for testing within 2 hours. Microbiological examination of urine is performed before antibacterial therapy, as well as in period between treatment courses or 24 hours later after the latest importation of preparation, however if the patient takes antibiotics treatment, in that case it should be definitely noticed in reference.

Microbiological examination of sperm

1. For microbiological examination of sperm it is prohibited to use alcohol before sampling, as well as to attend sauna and solarium.
2. Preparation is performed after 3-day sexual pause.
3. The hygiene of external genital organs should be kept.
4. The swabs should be provided in a sterile container.
5. The swabs should be transported to the laboratory in 2 hours.

Microbiological examination of stool

The examination material is the product of bowels 1-2g in weight /size of a bean/, received as a result of autonomous excretion, it is being sampled mostly from middle portion, which is being collected on the clean paper /it is not advised to collect stool from the toilet/, and is transferred in a sterile container /matchbox, diapers and other not sterile containers are not accepted/. It is prohibited to provide samples from the product of bowels as a result of clyster or laxative medicine.

The preparation should be free of residual urine.

It is required to keep diet for 1-3 days before testing, avoiding food, causing the fermentation of bowels, as well as milk food, alcohol, antibiotics and micro-organic preparations (bifidobacterium, lactobacterium, E. coli e.c.).

The sample is being transported to the microbiological laboratory within 2 hours. In cases, when it is not possible to promptly transport the sample to laboratory, it is permitted to preserve it at +4 degrees Celsius during 4 hours.

It is prohibited to freeze the sample.

Microbiological examination of breast milk

The sampling of breast milk is performed before breastfeeding or 2 hours later after feeding, however before beginning of antibiotics treatment.

Wash the hands and breast. Clean the surface of nipples by 70% alcohol. Skip the first portion of the milk, take the next portion in separate sterile containers from right and left breasts accordingly and transport samples to laboratory within 2 hours, though under circumstances it is permitted to preserve them at +2 - +8 degrees Celsius during 5-6 hours.

Examination of pharynx of human mouth

Before examination it is desirable to maintain the following rules – it is not allowed to eat (or 4-5 hours later after eating), to drink, to brush the teeth, to rinse the mouth, to smoke.

Microbiological examination of phlegm

Keep the hygiene of the mouth. Take the morning phlegm (before breakfast). Keep the phlegm in a sterile container.

Microbiological examination of eye

The sample is being taken before the beginning of antibiotics treatment, however if the medicine treatment has nevertheless begun, the sample should be performed 6 hours after the medicine pausing. It is allowed to perform testing in the morning before washing or using eye drops.