

Your Results Matter



Did you know that food, alcohol, medication, cigarettes, and incorrect patient preparation could produce an inaccurate test result?

YOUR RESULTS MATTER.

Follow these three steps to ensure you are properly prepared for your next test.

1. Ask your doctor why the test is necessary, what the test results could indicate, and the potential treatment.
2. Check with the laboratory facility regarding directions for collecting the sample and preparing for your test.
3. Complete the suggested checklist on the back of this card.



www.acmlt.org

PH: 1-800-265-9351 435-5452

As the regulatory body for Medical Laboratory Technologists (MLTs), the Alberta College of Medical Laboratory Technologists strives for the highest standards of care, professional conduct, and competent service to the public.

Suggested CHECKLIST for a Medical Laboratory Test

Prior to the collection of the sample ensure:

- the name, address and personal information is correctly stated on the laboratory requisition form
- the number of tests(s) indicated on the form
- the name of the test(s)
- if necessary, an appointment has been made for the test(s)
- your current Alberta Personal Health Card is available at the time of testing/collection

Questions for your doctor

Why is this test requested?

What kind of information will the test provide?

Is this test the only way to find out this information?

Should I stop taking my medication (prescription, non-prescription, herbal) before the test?

Questions for your medical laboratory professional

How is the test done?

How accurate is the test?

Will the test be uncomfortable?

What do I need to do to prepare for the test?

Can I drink before the test? What and how long prior?

Can I smoke before the test?

Can I eat before the test?

Can I exercise before the test?

Where will the test be done?

What time is best for collection?

How long does the test take?

How will I feel during the test?

Where do I have to go for the sample collection?

How long will the collection of the sample take?

When will the results be sent to my doctor?

The Laboratory Comes to You

Go to www.acmlt.org (public access, health tips) for a behind the scenes look at how a sample is collected, tested, and the results delivered to the doctor.



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