

Below we provide simple and brief information that users can use to properly prepare for the collection of biological material, divided by type of sampling.

PAP TEST

The Pap test (from Papanicolau, who was the first to standardize the procedure with the relative coloring) is a cervico-vaginal cytological examination. It can be performed using a smear on glass or in liquid phase, in both cases the analysis involves observation under the microscope of the cells collected at the vaginal level and the uterine cervix.

Sampling method: Sampling carried out by a specialist doctor with a special cytobrush/Ayre spatula and/or using a cervex-brush for a single or exo/endo cervical sampling.

The patient does not require any prior preparation for the vaginal cytological sampling, however it is recommended to abstain from sexual intercourse in the 24 hours prior to the sampling. It is recommended to perform the sampling 5 days before the start or after the end of the menstrual cycle.

HPV DNA TEST

The HPV DNA test is a molecular biology test performed on cervico-vaginal material.

Sampling method: Sampling performed by a specialist doctor with a specific swab without growth medium or using a cervex-brush for a single exo/endo cervical sampling.

The patient does not require any prior preparation for the sampling, however, it is recommended to abstain from sexual intercourse in the

24 hours prior to the sampling. It is recommended to perform the sampling 5 days before the start or after the end of the menstrual cycle.

DUOSCREEN (Free-beta and PAPP-A analysis)

The test requires a blood sample from the arm of about 3/6 ml with a serum tube. The sample can be taken at any time of the day and does not require fasting.

The patient therefore does not require any prior preparation for the sample..

NIPT – Non Invasive Prenatal Test

The test requires a blood sample from the arm of approximately 10 ml using a different test tube depending on the type of test:

HARMONY – dedicated test tube, white cap;

PANORAMA – STRECK TUBE

PRENATAL NEXT – STRECK TUBE

The blood sample can be taken at any time of the day and does not require fasting.

The patient therefore does not require any prior preparation for the draw.

VAGINAL, CERVICAL AND URETRAL SWAB

The sample is taken by the specialist using special swabs provided by the laboratory.

In the 24 hours before sampling the patient should: avoid vaginal irrigation and local therapies in the vagina (ovules, suppositories, etc.). It is also important to abstain from intimate hygiene on the morning of the test and not be in the menstrual period.

SPUTUM COLLECTION

Sputum should be collected in a sterile, wide-mouthed container. It is essential that the patient thoroughly rinses the mouth with a few gargles of water before collecting the sample.

BIOPSY SAMPLES

Histological examination is used to perform differential diagnoses between malignant and benign tumors, to analyze cellular alterations, to diagnose autoimmune diseases and to highlight infections. The types of tissue samples useful for analysis can be:

- small (as in the case of a biopsy);
- entire organs or masses.

Biopsies are performed on an outpatient basis and it is important to scrupulously follow the instructions for preparation for sampling provided to the patient by the specialist.