



PREPARATION OF PATIENTS FOR LABORATORY AND INSTRUMENTAL EXAMINATIONS

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Abstract: *The preparation of patients for laboratory and instrumental examinations is a critical step in the diagnostic process. Proper preparation ensures the accuracy of test results, which is essential for making precise diagnoses. This article outlines the key guidelines and methods for preparing patients for various laboratory and instrumental examinations.*

Introduction

Laboratory and instrumental examinations are indispensable tools in medical diagnostics. The reliability of diagnostic results is significantly influenced by the patient's preparation before the tests. Inadequate preparation may lead to erroneous results, affecting clinical decisions.

Preparation for Laboratory Examinations

- **Complete Blood Count (CBC):**

Patients should be fasting, preferably in the morning. Avoidance of physical exertion and stress is recommended.

- **Biochemical Tests:**

A fasting period of 8-12 hours is advised. Water intake is permitted.

- **Urinalysis:**

Morning urine should be collected. Adherence to hygienic protocols is mandatory.

Preparation for Instrumental Examinations



- **Ultrasound Examination (US):**

For abdominal organ studies, fasting is required. Avoiding gas-producing foods is advisable.

- **X-Ray Examination:**

Bowel cleansing is often necessary before the procedure.

- **Computed Tomography (CT) and Magnetic Resonance Imaging (MRI):**

Specific preparation, such as allergy testing for contrast materials, may be required.

Discussion

Failure to adhere to preparation protocols can increase the risk of diagnostic errors, potentially leading to inappropriate treatment. Healthcare professionals must provide clear instructions to patients regarding the preparation process.

Conclusion

Adherence to proper preparation protocols enhances the effectiveness of the diagnostic process and has a positive impact on patient outcomes.

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