

United Hospital - Medical Test Preparation Guide (Sample)

This is a sample patient instruction document. Please follow the specific guidance provided by your doctor or the hospital, as requirements may vary depending on the test.

1. General Instructions

- Bring a valid photo ID and hospital registration documents.
- Arrive at least 30 minutes before your appointment.
- Inform the healthcare team about any medications, allergies, or existing medical conditions.
- Carry previous medical reports if available.

2. Fasting Blood Tests

- Do not eat or drink anything except water for 8–12 hours before the test.
- Avoid tea, coffee, juice, and chewing gum during the fasting period.
- Continue medications only if instructed by your doctor.

3. Ultrasound Examination

- For abdominal ultrasound, fasting may be required for 6–8 hours.
- For pelvic ultrasound, you may be asked to drink water and maintain a full bladder.
- Wear comfortable clothing.

4. CT Scan / MRI

- Inform staff if you have any implants, pacemakers, or metal devices.
- Remove jewelry and metallic accessories before the procedure.
- Follow any fasting instructions provided by the radiology department.

5. Urine and Stool Tests

- Use the collection container provided by the hospital or laboratory.
- Follow sample collection instructions carefully to avoid contamination.
- Submit samples within the recommended time period.

6. Day of Test Checklist

- Carry appointment confirmation.
- Bring prescribed medications list.
- Carry insurance documents if applicable.
- Follow all fasting and preparation requirements.

Disclaimer: This document is a sample preparation guide and should not replace medical advice. Always follow instructions provided by your physician or United Hospital.