How to prepare for a laboratory test
All PsyLab tests in one place

Correct preparation determines how accurate your result is. A printable checklist.

Applies to all tests

- **Never stop prescribed medication on your own** — every change is decided by a doctor.
- List **all medicines and supplements** you take in your order.
- Follow the **instructions in the sample kit** — they take precedence over this overview.
- Do not test during an **acute infection** — wait 2–4 weeks after recovery.
- Send the sample **as soon as possible**, ideally on the day of collection.

Overview: sample and time to result

TEST	SAMPLE	RESULT
Pyroluria	morning urine · at home	2–4 weeks
Histamine	whole blood · collection point	2–4 weeks
Cortisol	saliva · 5 samples at home	2–4 weeks
Heavy metals & minerals	hair · at home	≈ 2 weeks
Thyroid	24-hour urine · at home	2–4 weeks
Vitamins & minerals	venous blood · at the doctor	4–7 working days
Neurotransmitters	morning urine · at home	2–4 weeks
PGx (drug genetics)	cheek swab · at home	≈ 2 weeks

Times are approximate and count from the sample reaching the laboratory.

Pyroluria

MORNING URINE · AT HOME

- Stop zinc, B6 (including P-5-P), manganese and high-dose vitamin C 5–7 days before; if you have taken them for over 3 months, ask about a longer pause.
- Do not test during or just after menstruation, within 14 days of antibiotics or within 4 weeks of an iron infusion.
- No alcohol or intense exercise for 24 hours before the test.
- Use the first morning urine in the brown tube; keep it cool and dark.

Histamine

WHOLE BLOOD · COLLECTION POINT

- With the requisition from PsyLab you visit a collection point near you.
- A morning draw is ideal.
- State whether you take methionine, SAMe, folate or antihistamines — any pause is decided by a doctor.
- Send the sample by courier as soon as possible.

Cortisol

SALIVA · 5 SAMPLES AT HOME

- Collect on an ordinary day, not after a sleepless night or while travelling.
- Keep to the exact collection times in the instructions.
- 30 minutes before each sample do not eat, drink (except water), brush your teeth or smoke.
- No coffee, energy drinks or alcohol on the collection day; list hormonal and corticosteroid medication in your order.

Heavy metals & minerals

HAIR · AT HOME

- Cut about 1 g of hair close to the scalp at the back of the head — not from a brush.
- Wash hair with ordinary shampoo; no gels, sprays or oils on the day of collection.
- Ideally 4–6 weeks after colouring, highlights or a perm.
- Put the sample in the enclosed envelope, not in plastic.

Thyroid

24-HOUR URINE · AT HOME

- Discard the first morning urine and note the time — the 24 hours start from then.
- Collect all urine including the first morning urine the next day; keep the container cool.
- Do not miss any portion — otherwise the result is inaccurate.
- List thyroid medication and iodine supplements in your order.

Vitamins & minerals

VENOUS BLOOD · AT THE DOCTOR

- The sample is taken by a doctor or nurse at a collection point.
- Skip supplements containing the measured nutrients (zinc, magnesium, B6, B12, folate…) the day before, unless your doctor says otherwise.
- Fasting is not required unless the collection point asks for it.
- Send the sample by courier as soon as possible.

Neurotransmitters

MORNING URINE · AT HOME

- List all supplements and medicines in your order.
- Supplements with 5-HTP, tryptophan, tyrosine, GABA or glutamine can affect the result — ask about a pause.
- No alcohol and no excessive coffee the day before.
- Use the first morning urine as instructed.

PGx (drug genetics)

CHEEK SWAB · AT HOME

- 30 minutes before, do not eat, drink, smoke or chew gum.
- Rinse your mouth with water before collecting.
- Rub the swab firmly on the inside of your cheek as instructed.
- No need to stop medication — the result depends on your genes, not on treatment.

Before sending the sample

- [ ] Sample correctly labelled (name, date, time)
- [ ] Accompanying form completed
- [ ] Medicines and supplements listed
- [ ] Tube closed and in its protective pack

> Not sure? Write to info@psylab.sk before collecting — sometimes it is better to postpone the test by a few days.

This overview is general and educational. The exact instructions are in the sample-kit leaflet and take precedence. Decisions about medication and any pause are made by a doctor.