

# VALLEY MEDICAL LABORATORIES • OKANAGAN CLINICAL LABORATORIES

PLEASE NOTE: All laboratory locations are closed on long weekends and statutory holidays.

## KELOWNA – VALLEY MEDICAL LABORATORIES

LAB	ADDRESS	PHONE	FAX	HOURS
<b>DOWNTOWN</b>	Suite 105 - 537 Leon Avenue Kelowna, B.C V1Y 6J5	763-4813	862-2843	MON.-FRI. 8:00 AM - 5:00 PM
<b>MISSION</b>	Suite 2 - 616 KLO Road Kelowna, B.C V1Y 4X4	868-3965	868-3974	MON.-FRI. 8:00 AM - 4:30 PM
<b>RUTLAND</b>	Plaza 33 Mall #32 - 301 Hwy 33 W Kelowna, B.C V1X 1X8	765-8822	765-4994	MON.-FRI. 8:00 AM - 4:30 PM
<b>WEST KELOWNA</b>	2427 Main Street West Kelowna, B.C V4T 2H8	768-1778	707-5167	MON.-FRI. 8:00 AM - 4:30 PM
<b>WINFIELD</b>	9966 Pollard Road Winfield, B.C. V4V 1Z4	766-4443	766-4467	MON.-FRI. 8:30 AM - 4:30 PM
<b>NORTH GLENMORE</b>	#122 - 1940 Kane Road Kelowna, B.C V1V 2J9	762-2709	868-2581	MON.-FRI. 7:30 AM - 5:00 PM
<b>SPRINGFIELD AT CAPRI MALL</b>	#114 - 1835 Gordon Drive Kelowna, B.C V1Y 3H4	762-5011	762-5020	MON.-FRI. 8:00 AM - 4:30 PM

## VERNON – VALLEY MEDICAL LABORATORIES

LAB	ADDRESS	PHONE	FAX	HOURS
<b>VALLEY LAB VERNON</b>	#101 - 3207 30th Avenue Vernon, B.C. V1T 2C6	549-1207	549-1259	MON.-FRI. 8:00 AM - 4:30 PM
<b>VERNON NORTH RAILWAY PLAZA</b>	#106 - 4710 31st Street Vernon, B.C. V1T 5J9	503-1914	503-1924	MON.-FRI. 7:30 AM - 4:00 PM
<b>LUMBY HEALTH UNIT</b>	2135 Norris Lumby, B.C. V0E 2G0			TUES. 8:00-10:00 AM THUR. 12:30-2:30 PM

## PENTICTON – OKANAGAN CLINICAL LABORATORIES

LAB	ADDRESS	PHONE	FAX	HOURS
<b>ELLIS STREET LAB</b>	Suite 302 383 Ellis Street Penticton, B.C. V2A 4L9	493-0715	493-2714	MON.-FRI. 8:00 AM - 4:30 PM
<b>SOMERSET PLAZA LAB</b>	Suite 108 2504 Skaha Lake Road Penticton, B.C. V2A 6G1	493-7522	492-2850	MON.-FRI. 7:30 AM - 4:00 PM

## OSOYOOS – VALLEY MEDICAL LABORATORIES

LAB	ADDRESS	PHONE	FAX	HOURS
<b>OSOYOOS</b>	#2 - 9150 Main Street Osoyoos, B.C V0H 1V2	495-2677	495-2585	MON.-FRI. 7:3 AM - 3:00 PM

[www.valleymedicallaboratories.com](http://www.valleymedicallaboratories.com)

## PATIENT INSTRUCTIONS

**PLEASE PRESENT YOUR CARE CARD WITH THIS FORM.**

<b>GLUCOSE FASTING</b>	Nothing to eat (including gum and candy) or drink (water is allowed) for 8 hours prior to blood collection.
<b>CHOLESTEROL/TRIGLYCERIDE/HDL</b>	Fasting is only necessary if required by your doctor.
<b>G.T.T. - 75g DRINK (PREGNANT)</b>	Test ordered as a follow-up to a positive 50g screen. The patient should follow a normal diet prior to testing being performed. Nothing to eat (including gum and candy) and nothing to drink (water is allowed) for 10 hours prior to blood collection. The patient is required to remain in the lab for the duration of the test.
<b>2 HOUR PC REGULAR MEAL GLUCOSE</b>	Blood is collected exactly two hours after beginning a normal meal. The patient cannot eat or drink (except water) between the meal and the collection of the blood sample.
<b>2 HOUR PC 75g DRINK GLUCOSE</b>	Nothing to eat (including gum and candy) or drink (water is allowed) for 10 hours prior to blood collection. Patient is given a 75g glucose drink. The blood is collected exactly two hours later. The patient cannot eat or drink (except for water) between the glucose drink and the blood collection. The patient is required to remain in the lab for the duration of the test.
<b>1 HOUR 50g DRINK (PREGNANCY SCREEN)</b>	Blood is collected exactly one hour after glucose drink is consumed. The patient is required to remain in the lab for the duration of the test.
<b>PREGNANCY TESTING (URINE)</b>	First morning specimen is preferred. Please refrigerate specimen. Deliver to the laboratory as soon as possible.
<b>PHENYTOIN THEOPHYLLINE</b>	Consult with your doctor to determine at what time blood should be collected.
<b>DIGOXIN LITHIUM</b>	Blood should be collected <b>at least 6 hours</b> after last dose of medication. Blood should be collected just prior to taking regular dose of medication.
<b>STOOL FOR C &amp; S, O &amp; P AND OCCULT BLOOD</b>	Collection containers and instructions can be obtained from the lab. <b>Note:</b> After a barium X-ray, please wait at least one week before collection.
<b>24 HOUR URINE</b>	Collection containers and instructions can be obtained from the lab.

UPDATED: 2018-01-26