

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
DOWNTOWN	Suite 105 - 537 Leon Avenue Kelowna, B.C V1Y 6J5	763-4813	862-2843	MON.-FRI. 8:00 AM - 5:00 PM
MISSION	Suite 2 - 616 KLO Road Kelowna, B.C V1Y 4X4	868-3965	868-3974	MON.-FRI. 8:00 AM - 4:30 PM
RUTLAND	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
WEST KELOWNA	2427 Main Street West Kelowna, B.C V4T 2H8	768-1778	707-5167	MON.-FRI. 8:00 AM - 4:30 PM
WINFIELD	9966 Pollard Road Winfield, B.C. V4V 1Z4	766-4443	766-4467	MON.-FRI. 8:30 AM - 4:30 PM
GLENMORE	#122 - 1940 Kane Road Kelowna, B.C V1Y 3G8	762-2709	868-2581	MON.-FRI. 7:30 AM - 5:00 PM
CAPRI	#114 - 1835 Gordon Drive Kelowna, B.C V1Y 3H4	762-5011	762-5020	MON.-FRI. 8:00 AM - 4:30 PM

PEACHLAND - VALLEY MEDICAL LABORATORIES				
LAB	ADDRESS	PHONE	FAX	HOURS
PEACHLAND	IGA Plaza #26 - 5500 Clement Cres Peachland, B.C. V0H 1X5	762-5011 767-7694	762-5020 767-7695	MON.-FRI. 7:30 AM - 4:00 PM

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

PENTICTON – OPERATING AS OKANAGAN CLINICAL LABORATORIES				
LAB	ADDRESS	PHONE	FAX	HOURS
DOWNTOWN	Suite 302 383 Ellis Street Penticton, B.C. V2A 4L9	493-0715	493-2714	MON.-FRI. 8:00 AM - 4:30 PM
SOMERSET PLAZA	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
OSOYOOS	#2 - 9150 Main Street Osoyoos, B.C V0H 1V2	495-2677	495-2585	MON.-FRI. 8:00 AM - 4:30 PM

www.valleymedicallaboratories.com

PATIENT INSTRUCTIONS

PLEASE PRESENT YOUR CARE CARD WITH THIS FORM

FASTING INSTRUCTIONS

- Nothing to eat for a minimum of:
 - o 8 hours (fasting glucose, 75 gram GTT).
 - o 10 hours if fasting lipids.
- Do not drink juice, tea, or coffee, chew gum or smoke during the fasting period.
- You may drink water.
- You may take your medication unless your doctor tells you not to.
- For GTT's (pregnant and non-pregnant) please eat your normal diet prior to fasting, unless your doctor has told you otherwise. You are required to remain in the lab for the duration of the test (2 hours).

1 HOUR 50g DRINK (PREGNANCY SCREEN)

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. No fasting is necessary.

PREGNANCY TESTING (URINE)

First morning specimen is preferred. Please refrigerate specimen. Deliver to the laboratory as soon as possible.

THERAPEUTIC DRUG LEVELS

Most require a trough level (1/2 to 1 hour before next dose) or at least 6 hours after the last dose, however please consult with your physician to determine what time blood should be collected.

STOOL OCCULT BLOOD (FIT)

Collection containers and instructions can be obtained from the lab.

24 HOUR URINE

Collection containers and instructions can be obtained from the lab.

MICROBIOLOGY TESTING

See www.valleymedicallaboratories.com for instructions