



**LOCATION**

**PHONE**

**ABBOTSFORD**

Abbotsford Regional Hospital & Cancer Centre, 32900 Marshal Road.  
Gateway Medical Lab, 2051 McCallum Rd.

604-851-4700 Ext. 644851  
604-870-7555

Please refer to

<http://www.fraserhealth.ca>

- Find us
- Find a service
- Type Outpatient Laboratory
- Select location

**BURNABY**

Burnaby Hospital, 3935 Kincaid Ave

604-412-6245

**CHILLIWACK**

Chilliwack General Hospital, 45600 Menholm Rd.  
Sardis Outpatient Lab, #5 - 6014 Vedder Rd.

604-795-4141 Ext. 614108  
604-824-9627

Or

Lower Mainland Labs

<http://lmlabs.phsa.ca/ForPatients/PatientServiceCentres/default.htm>

**DELTA**

Delta Hospital, 5800 Mountainview Blvd.

604-940-3431

**HOPE**

Fraser Canyon Hospital, 1275 – 7<sup>th</sup> Ave.

604-860-7702

For our most up to date Outpatient hours

**LANGLEY**

Langley Memorial Hospital, 22051 Fraser Hwy.

604-533-6403

**MAPLE RIDGE**

Ridge Meadows Hospital, 11666 Laity St.

604-463-1823

**MISSION**

Mission Memorial Hospital, 7324 Hurd St.

604-814-5115

**NEW WESTMINSTER**

Royal Columbian Hospital, 330 E. Columbia St.

604-520-4300

**PORT MOODY**

Eagle Ridge Hospital, 475 Guildford Way

604-469-3143

**SURREY**

Surrey Memorial Hospital, 13750 – 96<sup>th</sup> Ave.  
Jim Pattison Outpatient Care and Surgery Centre, 9750 140<sup>th</sup> Street

604-588-3324  
604-582-4555

**WHITE ROCK / SOUTH SURREY**

Peace Arch Hospital, 15521 Russell Ave  
Ocean Park Lab, 1673 – 128<sup>th</sup> St.

604-535-4500 Ext 757623  
604-536-0699

**INSTRUCTIONS FOR PATIENTS**

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| <p><b>FASTING TESTS INCLUDE:</b> Fasting glucose, Glucose/Lactose Tolerance testing, Amino Acids, preferred for iron - No food or drink for 8 hours before test except for sips of water.</p> <p><b>Triglycerides, Homocysteine</b><br/>No food or drink for 10 hours before test except of sips of water.</p> <p>For all tests regular medication may be taken.</p>  | <p><b>Cortisol:</b> You are required to rest in lab for 30 minutes before collection of your blood for Cortisol levels. AM (morning) Cortisol must be collected before 10:30 am and PM (afternoon) Cortisol are collected between 3 and 6 pm – lab staff will advise you of the time to return for you PM Cortisol. Both tests should be performed on the same day.</p> <p><b>THERAPEUTIC DRUG MONITORING:</b> Blood is usually taken just prior to the next dose. Information about time and amount of the last dose and dosing frequency is required for interpretation.</p> |
| <p><b>TESTS THAT MAY REQUIRE AN APPOINTMENT, A SPECIFIC TIME OF COLLECTION OR MAY BE DONE ONLY AT CERTAIN LABS:</b><br/>Please call the Lab you plan to go to for instructions and details.<br/>Glucose/Lactose Tolerance Tests, H. Pylori Breath Test, Testosterone (collected 7:00 am to 10:00 am only), Special Coagulation Testing, Special Endocrine Stimulation Tests, Sweat Tests, and Bone Marrows &amp; Needle Aspirates.</p>  | <p><b>TESTS REQUIRING SPECIAL CONTAINERS:</b><br/>"Take specimens to the Laboratory as soon as possible."<br/>24 hr Urine collections                      FIT Kits<br/>Urine organic acids                              72 hr Fecal Fat<br/>Urine for Chlamydia                              Ova &amp; Parasites<br/>Midstream Urine for C &amp; S / TB              Stool for C &amp; S<br/>Sputum for Acid Fast Bacilli or C &amp; S</p>  |
| <p><b>ELECTROCARDIOGRAMS (ECG) &amp; HOLTER MONITORING:</b><br/>ECGs are available at most FHA laboratory collection sites and do not require an appointment. Holter monitoring is available at most FHA Cardiology departments and require an appointment.</p> <p>Exceptions:              No ECG's - Surrey Memorial Hospital, Royal Columbian Hospital, Sardis, Sunset, Ocean Park &amp; Gateway Laboratory Collection<br/>ECG requires appointment – Eagle Ridge Hospital<br/>No Holter Monitoring - Mission Memorial Hospital<br/>Holter Monitoring performed by laboratory - Fraser Canyon Hospital</p> |  |