



CLINICAL BIOCHEMISTRY
UNIVERSITY OF KASHMIR
(NAAC Accredited grade "A")
SRINAGAR

No: F 82 (Camp/CLB/KU) 2018
Dated: 28-12-2018

NOTICE

As an outreach program to serve the society, the Department of Clinical Biochemistry in collaboration with University Health Centre, is organizing a Diagnostic Camp (free of cost) for Teaching & Non-teaching employees of the University of Kashmir on 31.12.2018 (Monday).

The camp shall be inaugurated by the Hon'ble Vice-Chancellor, University of Kashmir.

All those interested shall visit the department from 9:30AM to 1:00 PM for sample collection preferably fasting.

Details of the tests to be conducted:

1. CBC.
2. Lipid Profile.
3. Kidney Function Test.
4. Liver Function Test.
5. HbA1C.
6. Blood Sugar.
- 7.

In case of any clarification, please contact the following numbers:
9419042001, 9419014870

A handwritten signature in blue ink, appearing to read 'Shajrul Amin'.

Dr. Shajrul Amin
Coordinator
Clinical Biochemistry

PATIENT'S PREPARATION / INFORMATION

The fasting specimen provides information that reflects the physiological baseline of the patient, so for the majority of tests performed on serum, plasma or whole blood, A fasting morning (12 hours to 14 hours of fasting) specimen is preferred. Also from a practical aspect, non-fasting samples are often lipemic, i.e. containing high triglycerides from food, which may not be in analytical procedures.

Overnight fasting is preferable i.e (12hrs to 14hrs Fasting).

Fasting is defined as no consumption of food and beverages only plain water can be taken.

Avoid below mentoned food items before two days:-

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|-----------------|-------------------|
| <i>*MILK</i> | <i>*ICE CREAM</i> |
| <i>*HARISA</i> | <i>*WAZWAAN</i> |
| <i>*CHICKEN</i> | <i>*MEAT</i> |
| <i>*FISH</i> | <i>*CHEESE</i> |
| <i>*NUTS</i> | <i>*BEANS</i> |
| <i>*BUTTER</i> | <i>*GHEE</i> |
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