

5 Lab Tests

Vocabulary

To prepare yourself for the class, look in a dictionary for the words or phrases you do not already know.

.....
a bowel movement (bm)

bruise

container

dressing table

gauze

lead apron

scoop

stool

urine

.....
genital

.....
bring back

catch (sth) in (somewhere)

change into

contaminate

make a tight fist

pee

place (sth) on (sth)

poke

provide

put (sth) back on (sth)

release



Find them!

Find and mark the vocabulary in the dialogue.

Lab Tests▶ **Track 05**

Linda has come to the clinic for some tests and is being helped by Nurse Ken.

K → Nurse Ken **L** → Linda

- K** Hi Linda. Please take this container to the bathroom and provide a urine sample.
- L** Do I just pee into the cup?
- K** Well, first use these small towels to clean the whole genital area so that we get a good, clean sample. It's important to clean yourself from front to back.
- L** And then I pee into the cup?
- K** Pee just a small amount into the toilet, and without stopping, catch the urine in the container until it is half full.
- L** Then what?
- K** Then put the lid back on the container. Please be careful not to touch the edges or inside of the container, so that the sample won't be contaminated. Then bring it back to me here.
- L** What about a stool sample?
- K** Next time you need to have a bowel movement, loosely place plastic wrap on the toilet seat, then use this scoop to place some of the stool into this container. Be careful not to contaminate the stool with toilet water or urine.
- L** Then I bring it back here?
- K** Yes, bring it here as soon as possible. If you can't bring it in right away, place it in the refrigerator until you can.
- L** Okay. Here is the urine sample.
- K** Great. Now please come sit down in this chair for the blood test. Please roll up your sleeve and place your arm on this armrest here. Now make a tight fist.
- L** Tell me when you're going to poke me so I can look away!
- K** First, I'm going to clean the area with alcohol. Okay. Now would be a good time to look away. Take a deep breath and release your fist.
- L** Ouch! I hate getting blood tests!
- K** We're just about done. Now, place your finger on this gauze pad and apply pressure so that you don't get a bruise.
- L** I have to admit, that wasn't so bad. Do I go get X-rayed now?
- K** Yes. Please step into the last room on the right and change into the gown on the dressing table. You also need to remove your jewelry and eyeglasses. I'll be there in just a minute.
- K** *(In the X-ray room.)* Now please come and lie down on the table so that I can position you for the X-ray. I'm also going to place this lead apron over you for protection. Okay, now keep still and hold your breath. Great! Now hold your breath one more time so that I can get a good side view. That was excellent. All done!

Comprehension Practice



True or False

Answer the questions by writing True (T) or False (F).

- 1 Linda will do her stool sample when she is at the clinic.
- 2 Nurse Ken gives Linda important instructions on how to give the urine sample.
- 3 Linda doesn't need to bring the stool sample back until her next appointment.
- 4 Linda doesn't want to watch her blood being drawn.
- 5 The last test Linda is given is an X-ray.
- 6 Linda can wear her own clothes for the X-ray.



Multiple Choice

Answer the questions by circling the correct choice.

- 1 What is the first step Linda needs to do for the urine sample?
 - a. Pee in the cup.
 - b. Clean with small towels.
- 2 Where should Linda put the stool sample until she can bring it in?
 - a. Her refrigerator.
 - b. Her car.
- 3 Why does Linda need to press on the gauze?
 - a. So it doesn't leave a bruise.
 - b. So she doesn't have to see it.
- 4 What tests is Linda getting done at the clinic?
 - a. Urine test, blood test, and X-ray.
 - b. Blood test, stool sample, and X-ray.
- 5 What does Nurse Ken give Linda during the X-ray to protect her?
 - a. A gown.
 - b. A lead apron.
- 6 What does Nurse Ken tell Linda to do before he draws blood?
 - a. Make a fist.
 - b. Release her fist.



Vocabulary Exercise

A – Fill in the blanks with the following words. Make necessary grammar changes as you see fit. Double check your answers with one classmate.

container provide urine stool pee bowel gauze bruise
dressing genital contaminate scoop poke release

- 1 After you clean your wound, use this to cover it.
- 2 Undress, put on the gown for you on the table.
- 3 The doctor wants me to give a sample before my next appointment.
- 4 I don't need to have a movement. Can I give a sample later?
- 5 She told you to clean yourself first so you won't the sample.
- 6 Be sure to clean your area well. Never go from back to front!
- 7 Don't your fist until I tell you to. Okay, go ahead!
- 8 The needle doesn't hurt very much during a blood test. It's just a quick
- 9 I always get a after a blood test, but it goes away after a day or two.
- 10 Here is a to use at home. You don't need to bring it back, throw it away when you are finished with it.
- 11 After you fill this, bring it back to me.
- 12 I hope my turn for the bathroom is soon! I need to badly!

B – Based on the dialogue, choose the best replacement for the underlined words or phrases.

- | | |
|--|--|
| <p>1 Yes, bring it here <u>as soon as possible</u>.</p> <p>a. right away</p> <p>b. the sooner the better.</p> <p>c. without any delay.</p> | <p>3 Tell me when you're going to <u>poke me</u> so I can look away!</p> <p>a. shoot me</p> <p>b. prop it up</p> <p>c. stick the needle in</p> |
| <p>2 I have to admit, <u>that</u> wasn't so bad. Do I go get X-rayed now?</p> <p>a. the bruise</p> <p>b. the pressure</p> <p>c. the blood test</p> | <p>4 I'll be there in <u>just a minute</u>.</p> <p>a. I will be with you shortly.</p> <p>b. There you go.</p> <p>c. I will wait for you there.</p> |

Patterns and Drill

Follow the same sentence pattern; make a new sentence with the words provided.



1 Catch the urine in the cup until it is half full. (run, water, in the tub)

→

2 You need to remove your jewelry and eyeglasses. (wear, hat, sunglasses)

→

3 Please take this container to the bathroom and provide a urine sample.
(gas station, buy, 3 gallons, gas)

→

4 Be careful not to contaminate the stool with toilet water. (touch, food,
your hand)

→

5 If you can't bring it in right away, place it in the refrigerator until you can.
(eat, the lunch, immediately, keep)

→

6 Please come sit down in this chair for the blood test. (go, the waiting
room, until I call you)

→

Conversation Practice

Fill the blanks with the appropriate phrases. Then practice these dialogues with a classmate until you are familiar with them.

- | | |
|---|---|
| (a) I'll bring it back here as soon as I can. | (e) That wasn't very hard. I didn't even look away! |
| (b) Do I change in here? | (f) First be sure to clean your genitals, then catch the urine in here. |
| (c) Put the container in the refrigerator. | |
| (d) That's fine. Release your fist now. | |

- 1 A ▷ You will need to bring the stool sample back as soon as possible.
B ▷ Where should I keep it until I can bring it back?
A ▷
B ▷ I will remember that.

- 2 A ▷
B ▷ Yes, there is a gown on that dressing table for you to change into.
A ▷ I need to pee first, is that okay?
B ▷ Yes, I'll be back in a minute to see if you are ready.

- 3 A ▷ Sit here for your blood test.
B ▷ I'm going to look away!
A ▷
B ▷ I hope I don't get a bruise.

- 4 A ▷ Please take this container into the bathroom and get a urine sample.
B ▷ I've never done this. What do I do?
A ▷
B ▷ It's a good thing I have to pee!

- 5 A ▷ I don't need to have a bowel movement right now.
B ▷ That's okay. Here's a container and scoop to take home with you.
A ▷
B ▷ Be sure not to contaminate the sample with urine or toilet water.

- 6 A ▷ Come over here and roll up your sleeve.
B ▷ Will the poke hurt?
A ▷ Not much, see? Now hold this gauze here.
B ▷



Retell the Story

Often you need to describe a situation accurately. This exercise will help you get familiar with changing the tense when you report a situation.

Linda came to the clinic for several tests. Nurse Ken was the nurse on duty.
This is how it (go):

To take the urine sample, Linda needed to clean the whole genital area from front to back with a clean towel. She had to pee a small amount into the toilet first, then, without stopping, she (catch) the urine in the cup until it was half full. Once she was done, she put the lid back on the cup without touching the edges or the inside to avoid any contamination.

For the blood test, Nurse Ken asked Linda to sit down first, (roll) up her sleeve and place her arm on the armrest. He used alcohol to clean the area. Then he told Linda to make a fist when he poked in the needle. Once the needle was in, Linda had to release her fist for the blood to
..... (draw). Afterward, Nurse Ken gave Linda a gauze pad to press down on the spot to prevent a bruise.

After that, Linda (lie) down on the table for the X-ray. Nurse Ken placed a lead apron over her for protection. Then he asked Linda to hold her breath and keep still. He took both a front and a side view of Linda.

Nurse Ken (send) Linda home with a container and a scoop for a stool sample. When Linda needed to have a bowel movement next time, she would need to place a piece of plastic wrap on the toilet seat and
(use) the scoop to put some of the stool into the container. Nurse Ken reminded Linda to keep the sample in the refrigerator if she couldn't bring it to the clinic right away.

I bet Nurse Ken wouldn't have to wait too long
before (see) Linda again!



Listening and Speaking Practice

Three students make a team. Divide the dialogue into three sections. For each section, two students role-play the dialogue while the third student practices taking dictation. Take turns so each student has a chance to do each role once. When finished, swap your notes for spelling check.

Role-play by (the nurse) and (the patient):

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Writing Exercise

Based on the dialogue, summarize the steps for getting a urine sample.

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