

Location	Hours of Operation	Fax/Phone
<b>South Island Laboratories</b>		
Admiral's Walk 108-1505 Admirals Road, Victoria	Mon-Fri 7:30 am - 12:00 pm (noon)	Fax 250-480-7875
Brentwood Satellite Laboratory 7120 West Saanich Road, Brentwood Bay	Mon-Fri 7:30 am - 12:00 pm (noon)	Fax 250-652-7054
Galiano Island Health Unit 908 Burrill Street, Galiano Island	Thurs 7:00 am - 10:30 am Call for appointment	Phone 250-539-3230 Fax 250-539-3238
Keating Cross Road Laboratory 2140A Keating Cross Road, Victoria	Mon-Fri 7:30 am - 12:00 pm (noon)	Fax 250-544-8253
Lady Minto Hospital 135 Crofton Road, Saltspring Island	Mon-Fri 7:30 am - 1:45 pm	Phone 250-538-4812 Fax 250-538-4817
Mayne Island Health Clinic 526 Felix-Jack Road, Mayne Island	Wednesdays 7:30 am - 10:30 am Call for appointment	Phone 250-539-2312 Fax 250-539-3215
Pender Island Health Unit 5715 Canal Road, North Pender	Call for appointment	Phone 250-629-3233
Royal Jubilee Hospital 1952 Bay Street, Victoria	Mon-Fri 7:00 am - 5:00 pm Sat 7:30 am - 12:00 pm Sun 9:00 am - 1:00 pm	Fax 250-370-8482
Saanich Peninsula Hospital 2166 Mt. Newton Cross Road, Saanichton	Mon-Fri 8:00 am - 5:00 pm Sat 9:00 am - 1:00 pm	Fax 250-652-7589
Saanich Road Laboratory 201-3491 Saanich Road, Victoria	Mon - Fri 7:30 am - 4:30 pm	Fax 250-381-8079
Sidney Satellite Laboratory 2357 James White Blvd, Sidney	Mon - Fri 7:00 am - 6:00 pm Sat - 7:00 am - 2:30 pm	Fax 250-655-0783
Victoria General Hospital 1 Hospital Way, Victoria	Mon - Fri 7:00 am - 5:00 pm	Fax 250-727-4371
<b>Centre Island Laboratories</b>		
Chemainus Health Care Centre 9909 Esplanade Street, Chemainus	Mon-Fri 7:45 am - 3:30 pm	Phone 250-737-2040 ext 42238 Fax 250-737-2058
Cowichan District Hospital 3045 Gibbins Road, Duncan	Mon - Fri 7:00 am - 5:00 pm Sat - 8:00 am - 12:00 pm	Phone 250-737-2030 ext 44268 Fax 250-709-3004
Ladysmith Community Health Centre 1111 - 4th Ave, Ladysmith	Mon - Fri 7:00 am - 4:00 pm Sat - 8:00 am - 11:00 am	Phone 250-739-5786 Fax 250-740-2699
Nanaimo Regional Hospital 1200 Dufferin Cres, Nanaimo	Mon - Fri 8:00 am - 4:00 pm Sat - Sun call for appointment	Phone 250-755-7607 Fax 250-755-7625
Nanaimo Regional Hospital Sat Lab details: #2 - 1599 Dufferin Cres, Nanaimo	Mon - Fri 7:15 am - 5:00 pm Sat - 7:15 am - 1:30 pm closed at lunch 10:30 - 11:00 am	Phone 250-755-7623 Fax 250-755-6216
Tofino General Hospital 261 Neil Street, Tofino	Mon - Fri 8:30 am - 11:30 am	Phone 250-725-4006 Fax 250-725-4015
Ucluelet 1566 Peninsula Ave, Ucluelet	Tues & Thurs 7:30 am - 11:30 am	Phone 250-726-2296 Fax 250-726-7333
West Coast General Hospital 3949 Port Alberni Hwy, Port Alberni	Mon - Fri 7:00 am - 3:30 pm Sat - Sun call for appointment	Phone 250-724-8808 Fax 250-724-8831
<b>North Island Laboratories</b>		
Campbell River & District Hospital 375 Second Ave., Campbell River	Mon - Fri 6:30 am - 5:00 pm Sat - 8:00 am - 2:00 pm	Phone 250-286-7160 Fax 250-286-7127
Cormorant Island Health Centre 49 School Road, Alert Bay	Mon - Fri 8:30 am - 10:30 am	Phone 250-974-5585 ext 66343 Fax 250-974-5422
Courtenay Laboratory 307-14th St., Courtenay	Mon - Fri 8:00 am - 3:30 pm	Phone 250-331-8508 Fax 250-331-8514
Comox Valley Hospital Laboratory 101 Lerwick Ave., Courtenay	Mon - Fri 6:30 am - 5:00 pm Sat - 9:00 am - 1:00 pm	Phone 250-331-5950 Fax 250-331-5933
Cumberland Health Centre 2696 Windermere Ave, Cumberland	Mon - Fri 7:30 am - 11:00 am	Phone 250-331-8577 Fax 250-331-8578
Port Alice Health Centre 1090 Marine Dr, Port Alice	Call for Appointment	Phone 250-284-3555 Fax 250-284-6163
Port Hardy Hospital 9120 Granville St, Port Hardy	Mon - Fri 8:30 am - 10:30 am and 1:00 pm-2:00 pm Sat - Sun 8:30 am - 9:30 am and 1:00 pm-2:00 pm	Phone 250-902-6015 Fax 250-902-6031
Port McNeill Hospital 2750 Kingcome Place, Port McNeill	Mon - Sun 8:30 am-9:30 am and 1:00 pm - 2:00 pm	Phone 250-956-4461 ext 66228 Fax 250-956-4423
Quadra Medical Clinic Laboratory Quathiaski Cove, Quadra Island	Wed & Fri 7:00 am - 10:00 am	Phone 250-850-2654
St. Joseph's Laboratory 2137 Comox Ave, Comox	Mon - Fri 7:00 am - 3:00 pm	Phone 250-331-8634 Fax 250-331-8635

## ALL SITES ARE WHEEL CHAIR ACCESSIBLE

Hours of operation are subject to change.

For the most current information, visit our website at  
[http://www.viha.ca/laboratory\\_medicine/](http://www.viha.ca/laboratory_medicine/)

## YOU WILL BE ASKED TO PRESENT YOUR CARE CARD AT EACH VISIT

## FOR TEST RESULTS AND GENERAL INFORMATION

Call the Laboratory Call Center

Phone (250) 370-8355 Toll Free 1-866-370-8355

Hours : Monday to Friday: 7:00 am to 10:00 pm

Weekends and Stat Holidays: 8:00 am to 4:00 pm

## TESTS REQUIRING APPOINTMENTS

ECG's are available at most sites.

No appointment necessary -

EXCEPT Lady Minto Hospital - phone 250-538-4800

## Holter Monitoring and Treadmill Tests

- Appointment required.
- Only available at certain locations.

## Physicians Must Book

- Bone Marrows
- Stimulation/Suppression Tests
- Autologous Blood Donation - Call 250-370-8454

## FOR SAMPLES DROPPED OFF

- Sample label must include full legal name, date of birth, insurer number, and date and time of collection
- Requisition must have the above plus name, MSP # and signature of ordering doctor

## PATIENT INSTRUCTIONS

### Urine for culture, macroscopic, microscopic tests

- If sample cannot be delivered to lab within 2h of collection, refrigerate immediately and deliver as soon as possible.

### Fasting Instructions

- Do not eat or drink (except water as required for thirst) for at least 8h (6h if pregnant) before the test.
- Do not exceed 12h fast (8 h if pregnant).

### Glucose Tolerance Tests (GTT)

- Follow fasting instructions.
- Maintain usual diet for at least three days prior to test

### Therapeutic (Medication) Blood Level

- For most medications the blood sample is optimally collected just prior to the next dose of medication.
- Digoxin - Blood sample is usually collected 8h after the last dose of medication.
- Lithium - Blood sample is usually collected 12h after the last dose of medication.

### Cortisol

- For morning (AM) cortisol levels, please arrive within 3h of awakening and prior to 10:00 am.
- May be required to rest for 30 minutes after arrival at lab.
- For a morning (AM) and afternoon (PM) cortisol, tests should be performed on the same day.