

Pathology and Laboratory Medicine



Communiqué Fall 2025



University of
Vermont **Health**

Table of Contents

Laboratory Services Winter Holiday Hours

.....

3

Lab Operations

.....

4 - 5

Guidance for Providers, Upper Respiratory Infections

.....

6

Previously Distributed Test Updates

.....

7

TEST CATALOG

To view a complete listing of tests available at the University of Vermont Medical Center, please visit UVMHealth.org/MedCenterTests

Browse by Name

A

B

C

D

E

F

G

H

I

J

K

L

Search

Search

Laboratory Services Holiday Hours

| Location | Main Campus ACC Burlington | Fanny Allen Campus MOB Colchester | UHC Campus 1 South Prospect Burlington |
|------------------------------|-------------------------------|--------------------------------------|--|
| Thanksgiving 11/27/2025 | Closed | Closed | Closed |
| Christmas Eve 12/24/2025 | 7:00a - 1:00p | 7:00a - 1:00p | Closed |
| Christmas Day 12/25/2025 | Closed | Closed | Closed |
| New Year's Eve 12/31/2025 | Open | Open | Open |
| New Year's Day 1/1/2026 | Closed | Closed | Closed |

Any days not listed here are regularly scheduled hours. Patients are seen in the order in which they arrive at the Main Campus (ACC) and University Health Center (UHC). Some testing must be scheduled in advance or has other special considerations.

Appointments are required at the Fanny Allen Campus (MOB). Please Call (802) 847-8864 to schedule your appointment.

Lab Operations

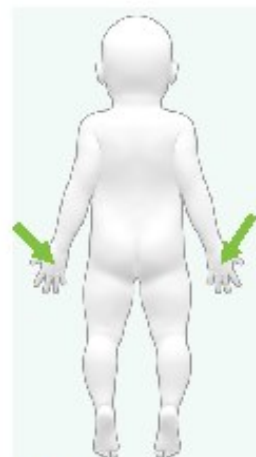
Comfort Zone- EMLA Instructions

HOW TO APPLY NUMBING CREAM

Apply a quarter sized amount of cream to the inside of both elbows and on the top of both hands a 30-60 minutes before arrival. Do not rub the numbing cream into the skin. Cover it with the clear plastic bandages included in this packet or with food wrap (Press and Seal, Cling or Saran Wrap). Refer to package insert for further information.



1. To use provided bandages, remove from outer package and peel off the back. Leave paper frame on.
2. Cover the cream, sticky side down, holding on to the outside of the Tegaderm frame. Press around the edges, keeping the cream within the borders.
3. Peel off the outside frame. Repeat steps for each site.



- ▶ Remind your child not to touch or squeeze the cream out. If cream oozes out, wipe away with a cloth. Avoid contact with the mouth or eyes.
- ▶ If your child is apt to place their hands in their mouth, only place the cream on the insides of the elbows.
- ▶ A long sleeve shirt or jacket may be helpful after the placement of the cream.



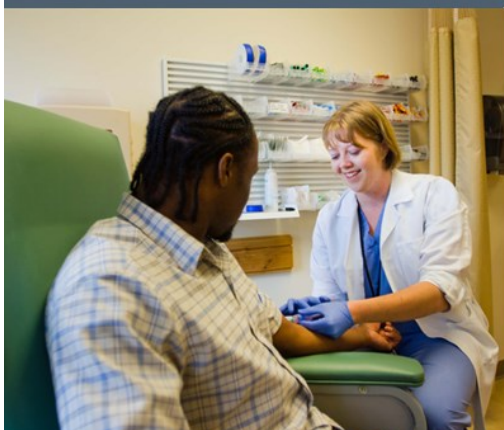
Lab Operations

Negative Point of Care Strep Results

With the cold/flu season approaching, please remember that for patients under 18 years old who are suspected of having Group A Streptococcal (GAS) pharyngitis, a negative rapid streptococcal test should be followed by a confirmatory test. The appropriate confirmation test to order is “Group A Strep PCR” (LAB14535). [See the Laboratory Test Catalog for more details.](#)

Please contact Dr. Mark Fung, MD, PhD with any questions. Mark.Fung@uvmhealth.org

LABORATORY PATIENT SERVICE CENTER



Main Campus
Main Pavilion, Level 2
111 Colchester Avenue
Burlington, VT

One South Prospect
1 South Prospect St
First Floor Lobby
Burlington, VT

Fanny Allen Campus
792 College Parkway
Colchester, VT

Visit UVMHealth.org/MedCenterDrawSites for patient service center hours and special test considerations.

All UVM Medical Center phlebotomists are nationally certified

Guidance (2025-2026) for providers regarding upper respiratory viral testing

Goal: Insuring appropriate testing for patients with respiratory viral illnesses (fever, cough, shortness of breath, acute loss of taste and smell, myalgias, fatigue, runny nose, congestion)

This document focuses on testing of **symptomatic patients only**. **Testing for asymptomatic patients is not available at UVMH labs.**

COVID-19 Testing:

Indication: All symptomatic patients with respiratory viral symptoms in which a result would change patient management including treatment and isolation

Specimen Collection:

- 1) Nasopharyngeal swab for sample of posterior nasopharynx, collected by health care worker (HCW). This specimen can also be tested for influenza, RSV (without a second collection) **if indicated** (see below).
- 2) Anterior nares swab - CANNOT be tested for influenza (requires second collection).

Influenza, RSV:

Indications: Specific testing for Influenza, RSV **should occur** for the following:

- 1) Symptomatic people at higher risk for serious complications from influenza:
 - a. Adults 65 and older
 - b. Children under the age of 5, especially those under the age of 2
 - c. Native Americans and Alaska Natives
 - d. People who are pregnant and up to 2 weeks postpartum
 - e. People with underlying medical conditions (chronic lung disease, heart disease, kidney disease, liver disease, neurologic disease, hematologic disease, DM, metabolic disorders, obesity, immunosuppression, under age of 19 receiving chronic aspirin therapy)
- 2) Symptomatic household contacts of people at higher risk of severe complications
- 3) Symptomatic influenza-like illness requiring hospitalization for any indication
- 4) Symptomatic residents of long term care facilities

Testing for influenza and RSV in otherwise healthy outpatients without risk for severe disease **should not occur unless** there are compelling clinical reasons. All people for whom influenza testing is indicated should be tested for both influenza/RSV and SARS-CoV-2.

Specimen Collection:

- 1) Nasopharyngeal swab for sample of posterior nasopharynx, collected by HCW.

Expanded Respiratory Viral Panel (metapneumovirus, parainfluenza, adenovirus, rhinovirus): **is not indicated unless** SARS-CoV-2, influenza, and RSV tests are negative and the patient has severe illness or a compromised immune status.

- 1) Nasopharyngeal swab for sample of posterior nasopharynx, collected by HCW.

Additional recommendations:

- 1) If the patient has severe disease, testing above can be performed on lower respiratory tract samples.
- 2) Empiric antiviral treatment is recommended for patients with suspected influenza who are hospitalized or at higher risk for severe disease **and should not be delayed while awaiting diagnostic testing**.

Previously Distributed Test Updates

[Smooth Muscle Neuropathy Panel - Deactivation](#)

[IA-2 Autoantibodies Testing Change](#)

[Lead Testing Changes](#)

[T3, Total Reference Range Update](#)

[Beta-Trace Protein, Body Fluid](#)

[Peripheral Blood Smear Request Changes](#)

[Additional Reflex Pathway for Primary HPV Testing](#)

PATIENT INSTRUCTION BROCHURES

We have several brochures for patients that need to collect samples at home. The following are available online by visiting UVMHealth.org/MedCenterLabServices or you can contact Lab Customer Service to receive some via mail.

- Feces Sample Collection
- Fecal Occult Blood Collection
- Sputum Sample Collection
- Urine Sample Collection



Pathology and Laboratory Medicine Communique

NEWSLETTER EDITORS

Lynn Bryan, Laboratory Manager
Ashley Holtz, Laboratory Manager
Amy Graham, Customer Service
Deborah Frenette, Laboratory Test Definition & Utilization Specialist

ADDRESS

111 Colchester Avenue
Mail Stop: 233MP1
Burlington, Vermont 05446

PHONE LABORATORY CUSTOMER SERVICE

(802) 847-5121
(800) 991-2799

FAX LABORATORY CUSTOMER SERVICE

(802) 847-5905

WEBSITE

UVMHealth.org/MedCenterLabs