

AMT Medical Laboratory Scientist (MLS) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What type of bacteria can Fusobacterium be classified as?**
 - A. A Gram-positive bacilli**
 - B. A Gram-negative bacilli**
 - C. An aerobic bacteria**
 - D. An anaerobic bacteria**

- 2. What is a candle jar primarily used for?**
 - A. To increase oxygen levels for aerobic bacteria**
 - B. To create anaerobic conditions for culturing bacteria**
 - C. To store bacterial samples at low temperatures**
 - D. To enhance the visibility of bacterial colonies**

- 3. What is the first step in a typical spectrophotometric procedure?**
 - A. Insert the sample into the chamber**
 - B. Set the mode to absorbance**
 - C. Turn on the spectrophotometer and warm it up**
 - D. Create a standard curve**

- 4. What defines microcytic anemia?**
 - A. Pernicious anemia**
 - B. Iron deficiency anemia**
 - C. Vitamin B12 deficiency**
 - D. Hemolytic anemia**

- 5. Which of the following is NOT a plasma protein?**
 - A. Albumins**
 - B. Globulins**
 - C. Cholesterol**
 - D. Fibrinogen**

- 6. What does prior informed consent govern?**
 - A. Trade of certain hazardous chemicals that are safe for use**
 - B. Disposal methods of non-hazardous waste**
 - C. Trade of certain hazardous chemicals that are banned or severely restricted**
 - D. Regulations regarding laboratory safety protocols**

- 7. A low level of Lutenizing Hormone (LH) could potentially cause what outcome if untreated?**
- A. Weight gain**
 - B. Infertility**
 - C. Bone density loss**
 - D. Excessive hair growth**
- 8. What does lipid analysis typically involve?**
- A. Measuring blood pressure levels.**
 - B. Isolation and structural analysis of glycerolipids.**
 - C. Assessing blood glucose levels.**
 - D. Determining protein levels in the blood.**
- 9. What are possible risks associated with directed blood donations compared to autologous donations?**
- A. Less safe than the client's own blood**
 - B. More reliable than community donations**
 - C. Lower risk of transfusion reactions**
 - D. Equal safety compared to community sources**
- 10. What is a drawback of low specificity in a diagnostic test?**
- A. It leads to many false positives**
 - B. It results in few false negatives**
 - C. It improves the precision of results**
 - D. It decreases the sensitivity of the test**

Answers

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1. D
2. B
3. C
4. B
5. C
6. C
7. B
8. B
9. A
10. A

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Explanations

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1. What type of bacteria can Fusobacterium be classified as?

- A. A Gram-positive bacilli**
- B. A Gram-negative bacilli**
- C. An aerobic bacteria**
- D. An anaerobic bacteria**

Fusobacterium is classified as an anaerobic bacteria, meaning it thrives in environments without oxygen. Members of this genus are known for their role in human microbiota as well as their potential to cause infections, particularly in conditions that allow them to enter normally sterile areas of the body. Their anaerobic nature is significant because they typically do not grow or replicate in the presence of oxygen, which influences how infections involving these organisms are treated and managed. This characteristic also highlights the importance of anaerobic culture techniques in the laboratory to identify and study these organisms effectively. While some of the other classifications pertain to bacteria in general, they do not apply to Fusobacterium, which firmly establishes its identity in anaerobic environments.

2. What is a candle jar primarily used for?

- A. To increase oxygen levels for aerobic bacteria**
- B. To create anaerobic conditions for culturing bacteria**
- C. To store bacterial samples at low temperatures**
- D. To enhance the visibility of bacterial colonies**

A candle jar is primarily used to create anaerobic conditions for culturing bacteria. This method is designed to generate an environment with reduced oxygen, which is necessary for the growth of anaerobic organisms or certain microaerophilic bacteria that thrive in low-oxygen conditions. When a candle is lit inside a sealed jar, the flame consumes oxygen and produces carbon dioxide as it burns. As the oxygen level decreases, the environment within the jar transitions to a more favorable condition for specific bacteria that cannot grow in the presence of high oxygen levels. This technique is simple and effective for laboratory settings where more complex anaerobic culturing methods may not be feasible. The other options involve concepts that do not relate directly to the function of a candle jar. For instance, while oxygen levels are indeed influenced by the burning candle, the primary purpose of the jar is not to increase oxygen but rather to deplete it for certain types of bacterial cultures. Storing samples at low temperatures or enhancing visibility relates to different laboratory practices and methods not associated with the use of a candle jar.

3. What is the first step in a typical spectrophotometric procedure?

- A. Insert the sample into the chamber
- B. Set the mode to absorbance
- C. Turn on the spectrophotometer and warm it up**
- D. Create a standard curve

In a typical spectrophotometric procedure, the first step is to turn on the spectrophotometer and allow it to warm up. This is crucial because many spectrophotometers require some time for their light sources, such as tungsten or deuterium lamps, to stabilize. Warming up ensures that the light output is consistent, which is essential for accurate and reliable measurements. Once the instrument is warmed up, it can be calibrated and used effectively. Following this initial step, users would then proceed to set the appropriate mode (such as absorbance), prepare samples, potentially create standard curves, and eventually insert the sample into the chamber for measurement. The order of these steps is vital for ensuring the proper functioning of the equipment and obtaining precise results.

4. What defines microcytic anemia?

- A. Pernicious anemia
- B. Iron deficiency anemia**
- C. Vitamin B12 deficiency
- D. Hemolytic anemia

Microcytic anemia is characterized by the presence of smaller than normal red blood cells (microcytes) and is commonly associated with a decreased level of hemoglobin in the red blood cells. The defining cause of microcytic anemia is usually related to iron deficiency, which results in inadequate hemoglobin synthesis and consequently leads to the production of smaller red blood cells. This condition can arise from various factors such as inadequate dietary iron intake, chronic blood loss, or certain chronic diseases that affect iron metabolism. In contrast, pernicious anemia primarily involves a deficiency in vitamin B12 due to an inability to absorb this vitamin. This leads to macrocytic anemia, characterized by larger than normal red blood cells. Vitamin B12 deficiency does not cause microcytic anemia, which rules out pernicious anemia and vitamin B12 deficiency as defining conditions for microcytic anemia. Hemolytic anemia involves the premature destruction of red blood cells, which can lead to various shapes and sizes of the red blood cells depending on the underlying cause, but it is not typically associated with microcytic anemia specifically. Therefore, the correct definition of microcytic anemia points directly to iron deficiency anemia, making it the most accurate choice in this context.

5. Which of the following is NOT a plasma protein?

- A. Albumins**
- B. Globulins**
- C. Cholesterol**
- D. Fibrinogen**

Cholesterol is not classified as a plasma protein; it is a type of lipid. Plasma proteins are primarily involved in various functions within the bloodstream, including maintaining osmotic pressure, facilitating immune responses, and aiding in blood clotting. Albumins serve to regulate osmotic pressure and transport substances in the blood. Globulins play crucial roles in immune function and transport, while fibrinogen is essential for clot formation during the hemostatic process. Since cholesterol functions primarily as a structural component of cell membranes and as a precursor for steroids and bile acids, it does not fit into the category of plasma proteins. This distinction highlights the specific biological roles that plasma proteins occupy in maintaining health and homeostasis in the body.

6. What does prior informed consent govern?

- A. Trade of certain hazardous chemicals that are safe for use**
- B. Disposal methods of non-hazardous waste**
- C. Trade of certain hazardous chemicals that are banned or severely restricted**
- D. Regulations regarding laboratory safety protocols**

Prior informed consent is a principle especially relevant in contexts where hazardous substances are involved, particularly in international trade. Specifically, it governs the trade of certain hazardous chemicals that are banned or severely restricted, ensuring that countries importing these chemicals have full awareness and understanding of the risks associated with them. This requirement helps protect human health and the environment by preventing the unintentional use of substances that could cause harm. This framework is often linked to international agreements, such as the Rotterdam Convention, which establishes procedures for the international trade of hazardous chemicals. Under this convention, countries must provide prior informed consent before allowing imports of these substances. This approach reinforces the idea that nations should not only be aware of the risks involved but also give explicit consent before such trade occurs. The other options, while they address important aspects of environmental safety and management, do not typically fall under the domain of prior informed consent. Issues such as the trade of safe hazardous chemicals, disposal of non-hazardous waste, and laboratory safety regulations operate under different regulatory frameworks and guidelines that do not require prior informed consent in the same way.

7. A low level of Lutenizing Hormone (LH) could potentially cause what outcome if untreated?

- A. Weight gain**
- B. Infertility**
- C. Bone density loss**
- D. Excessive hair growth**

A low level of Luteinizing Hormone (LH) can lead to infertility because LH plays a crucial role in the regulation of the reproductive system. In females, LH is responsible for triggering ovulation and supporting the production of progesterone by the corpus luteum, which is necessary for maintaining the early stages of pregnancy. In males, LH stimulates the production of testosterone, which is essential for sperm production and overall reproductive health. If LH levels are insufficient, ovulation may not occur in females, resulting in irregular menstrual cycles or anovulation, ultimately leading to difficulties in conceiving. Similarly, in males, low LH can lead to decreased testosterone levels, affecting sperm production and contributing to infertility. The other options, while they may be related to hormonal imbalances, do not directly connect to low LH levels in the same way that infertility does. Therefore, infertility is the most appropriate and immediate consequence of untreated low levels of Luteinizing Hormone.

8. What does lipid analysis typically involve?

- A. Measuring blood pressure levels.**
- B. Isolation and structural analysis of glycerolipids.**
- C. Assessing blood glucose levels.**
- D. Determining protein levels in the blood.**

Lipid analysis primarily focuses on the study and measurement of lipids in biological samples, particularly in blood. The correct choice involves the isolation and structural analysis of glycerolipids, which are a major class of lipids that include triglycerides and phospholipids. This analysis helps in assessing lipid profiles, which are crucial for diagnosing and monitoring conditions related to cardiovascular health, metabolic disorders, and lipid metabolism. Glycerolipids are composed of a glycerol backbone with fatty acids attached, and their structural analysis can reveal important information about lipid composition, which is vital for understanding various biological processes and disease states. By examining the structure and quantity of glycerolipids, healthcare professionals can make informed decisions about patient care and treatment options. In contrast, other options refer to different types of biochemical analyses unrelated to lipids. For instance, measuring blood pressure is a cardiovascular assessment, while assessing blood glucose levels pertains to monitoring diabetes. Determining protein levels in the blood is an entirely different aspect of laboratory analysis focusing on proteins, not lipids. Therefore, the correct answer aligns with the core objectives of lipid analysis in the field of medical laboratory sciences.

9. What are possible risks associated with directed blood donations compared to autologous donations?

- A. Less safe than the client's own blood**
- B. More reliable than community donations**
- C. Lower risk of transfusion reactions**
- D. Equal safety compared to community sources**

Directed blood donations involve individuals donating blood specifically for a known recipient, usually a family member or friend. One of the primary concerns with directed donations is that, while they can be emotionally significant, they may not be as safe as autologous donations, which utilize the patient's own blood. The rationale behind this is that the health status and screening of the directed donation may not be as rigorous as that of blood collected through community blood banks, which adhere to strict standards and testing protocols to ensure the safety of all donated blood. Since the donor of a directed blood donation is often a close acquaintance of the recipient, there may be greater interpersonal pressure on the donor, potentially resulting in less honesty about their own health risks when donating. Autologous donations, on the other hand, eliminate the risk of transfusion-related reactions because the blood comes from the patient themselves, ensuring compatibility and reducing the possibility of transfusion reactions or disease transmission. There is also a significant emphasis on patient health and safety, as the blood is collected under medical supervision tailored specifically for the individual's needs. Thus, the potential risk associated with directed blood donations compared to autologous donations primarily centers around the safety and reliability of the blood being transfused.

10. What is a drawback of low specificity in a diagnostic test?

- A. It leads to many false positives**
- B. It results in few false negatives**
- C. It improves the precision of results**
- D. It decreases the sensitivity of the test**

Low specificity in a diagnostic test indicates that the test is not very effective at distinguishing between the target condition and other unrelated conditions. This can lead to a high rate of false positives, which means that individuals who do not actually have the disease are incorrectly identified as having it. This situation can cause unnecessary anxiety, additional testing, and potentially inappropriate treatments for patients who are falsely diagnosed. When specificity is low, the test has a tendency to produce positive results even in the absence of the disease, making it challenging for clinicians to interpret results accurately. Consequently, a high number of false positives can strain healthcare resources and may lead to overdiagnosis and overtreatment. In contrast, high specificity is desirable as it reflects the test's ability to correctly identify those without the disease, thereby minimizing false positive results and improving the overall reliability of the test in clinical practice.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://amtmls.examzify.com>

We wish you the very best on your exam journey. You've got this!

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