

# Prepare Yourself for Correct Lab Results

**1**

24 Hours Prior:  
**No Heavy Physical  
Exercise**



**2**

12 Hours Prior:  
**No Food or Drinks**



**3**

1 Hour Prior:  
**No Smoking**



**4**

10-15 Minutes Prior:  
**Seated & Relaxed**



**5**

Inform about  
**Insulin Syringes,  
Drug / Medication and  
Nutritional Supplements**



**6**

**Blood Collection**

