

Prepare Yourself for Correct Lab Results



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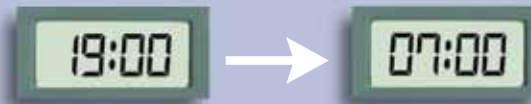
1

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



2

12 Hours Prior:
No Food or Drinks



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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

