

## Instructions for fasting blood test

From 10 p.m. (22.00) onward the day before the sampling until after the sampling is taken the following day, only water, tea, or coffee (without sugar, cream, or milk) may be consumed. Medicines are taken according to the doctor's prescription. Smoking, tobacco products and physical activity should be avoided.

- From 10 p.m. (22:00) the night before the sampling until after the sampling is completed the next day, only water, tea, or coffee (without sugar, cream, or milk) may be consumed.
- Medications should be taken as prescribed by your doctor.
- Smoking, tobacco products, and physical activity should be avoided.

### **Test Instructions for Diabetic Patients**

- Take the blood test early in the morning if possible.
- Do not take any mealtime insulin in the morning.
- Bring breakfast with you, eat it after the sampling, and then take your mealtime insulin.