

Dear Sir/Madam,

Please be advised that it is important to follow the provisions below for this service.

To perform the blood sampling under ideal conditions remember:

- You must be fasting since the previous evening.
- Only 1-2 glasses of water is allowed.
- Any strenuous exercise should be avoided in the days immediately preceding the collection.
- Unless specifically directed by the attending physician, the following should be avoided taking medication on the morning of collection.

Pediatric collections from 6 to 10 years:

- Fasting is necessary only if blood glucose testing is planned.
- If glucose loading is expected: fasting from 24 hours but water intake is recommended.

Compiled by	Verified by	Approved by
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