NAME: ____________________________

INSTRUCTIONS:

1. Have a complete breakfast
   Example: fruit juice, sweetened tea or coffee, toasts with jam, cheese, eggs...

2. Write the **exact time** of the breakfast's ending:
   Hour _______ minutes_______
   Do not drink or eat anything after (except water)

3. Come back **directly** to the blood sample chair at least 2 or 3 minutes before your second blood-test that needs to be performed exactly 2 hours after the end of your meal.

   Thank for your collaboration

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CPR-PON-003_Explications des tests fonctionnels (Épreuves tolérance)