

Département de Biologie Médicale

Centre intégré de santé et de services sociaux des Laurentides Québec	
NAME :	
INSTRUCTIO	<u>ONS:</u>
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.
Centre intégré	Thank for your collaboration
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