

Ospedale Sacra Famiglia	GLYCEMIC PROFILE BASIC AND POSTPRANDIAL GLUCOSE TEST	Cod.Mod.IO238.04	Rev.0
Erba		Data:13/04/17	
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### **PATIENT INSTRUCTIONS FOR:**

#### **1. GLYCEMIC PROFILE: 8 - 11 - 14**

#### **2. BASIC AND POSTPRANDIAL GLUCOSE TEST: 8 - 14**

#### **GLYCEMIC PROFILE: 8 - 11 - 14**

- **Do not eat** for at least 12 hours before the exam
- Present yourself at 8 o'clock for basal withdrawal, after having breakfast and following a normal life (taking therapies, if prescribed).
- Present yourself to the Pickup Center for picking up at 11.00
- Lunch at 12 o'clock (absolutely observe the time of the lunch).
- Eat what you usually eat, including, if prescribed, antidiabetic therapy
- Return to the Laboratory at 2.00 pm

#### **BASIC AND POSTPRANDIAL GLUCOSE TEST: 8 - 14**

**Do not eat** for at least 12 hours before the basal withdrawal at 8.00 am; then follow a regular life (take therapies, if prescribed).

Lunch at 12.00.

- Absolutely respect the lunch time because the picking must be done 2 hours after lunch
- Eat what you usually eat (including any therapies)
- Return to the Laboratory at 2.00 pm