

PATIENT PREPARATION FOR GLYCEMIC / INSULIN CURVE

INSTRUCTIONS

- During the 48 hours prior to the study you must include carbohydrates in your diet (rice, flour, pasta, potatoes, cereals, sweets, fruits)
- Attend to the Laboratory with 10 hours of fasting from 7:30 to 8:30 from Monday to Friday.

For your information we inform you that you will have two blood samples taken in a period of 2 hours in which you must remain at rest in our facilities.

PREPARATION FOR GESTATIONAL CURVE - PREGNANT PATIENTS

INSTRUCTIONS

- During the 48 hours prior to the study you must include carbohydrates in your diet (rice, flour, pasta, potatoes, cereals, sweets, fruits)
- Attend to the Laboratory with 8 hours of fasting from 7:30 a.m. to 8:30 a.m. Monday through Friday.

For your information we inform you that you will have two blood samples in a period of 2 hours in which you must remain at rest in our facilities.