

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

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