

## Glycemic Profile

In the days leading up to the blood draw, maintain a normal diet.

Avoid intense physical exercise in the 8-12 hours before the blood draw, and generally avoid any unusual activities.

An 8-hour fast is required.

Avoid alcohol and smoking.

You should be in an upright position for at least 30 minutes.

Continue any prescribed medications without changes.

During the execution of the glycemic profile, insulin-dependent patients or those undergoing oral antidiabetic therapy should not discontinue their medications.

### Sampling procedure

- Perform a blood draw in the morning (e.g., at 8:00 a.m.).
- For the glycemic profile (3-4 determinations), perform the draws as prescribed by the physician, indicating the time of the draw on the test tube.

*I, the undersigned (surname and name) \_\_\_\_\_, declare that I have followed the instructions provided in this information sheet.*

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_