

# PREPARE YOURSELF

**FOR ACCURATE  
LAB RESULT**

[www.samyakdiagnostic.com](http://www.samyakdiagnostic.com)



**Samyak Diagnostic Pvt. Ltd.**

*Determined on Accuracy...*

**Pathology Laboratory**

1

**24 HOURS PRIOR  
NO HEAVY  
PHYSICAL ACTIVITY**



# 2

**12 HOURS PRIOR  
NO FOOD OR  
BEVERAGES**



**WATER**

3

1 HOUR PRIOR  
NO SMOKING



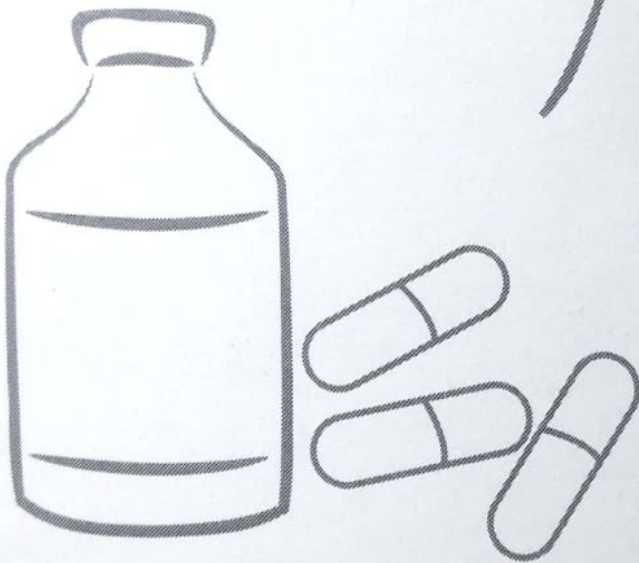
**4**

**15 MINUTES PRIOR  
SEATED AND  
RELAXED**

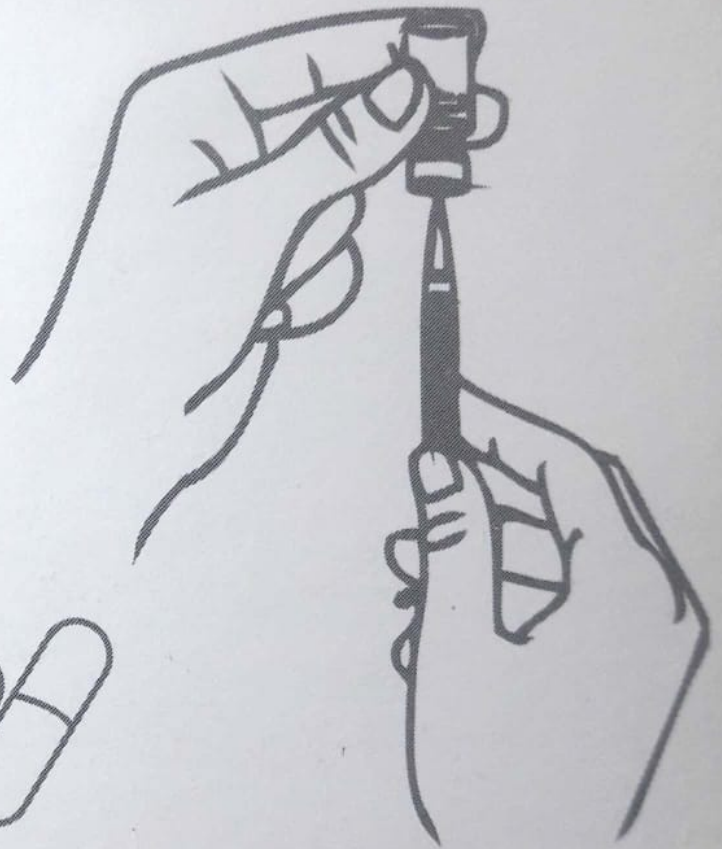


5

**INFORM THE DOCTOR  
ABOUT INSULIN,  
MEDICATION &  
SUPPLEMENTS**



MEDICATION,  
Pills/tablets,  
Vitamin  
supplements



Insulin  
Syringe

6

**PROCEED FOR  
BLOOD  
COLLECTION**

