

**PREPARATION FOR COLLECTION OF VENOUS BLOOD SAMPLING**

Before each sampling, the patient must:

- observe fasting for 8-12 hours before the blood sample;
- avoid physical exertion in the 12 hours before the blood sample;
- do not smoke in the period of time between waking up and taking the blood sample;
- do not drink alcohol in the 12 hours before the blood sample;
- post-prandial blood sugar testing must be performed 2 hours after the midday meal.

Following the sampling, the patient, after the application of cotton by the healthcare worker, must exert pressure on the area subject to the venipuncture, for at least 5 minutes, without massaging and taking care to keep the arm extended, this is in order to minimize the formation of hematomas.

The patient is recommended not to subject the arm to strain for at least 30 minutes and to refrain from intense sporting activity involving the upper limbs for at least three hours after the blood sample.