



Fasting Blood Draw Patient Instructions

1. Tsis txhob noj lossis haus ib yam dab tsi li 8-12 teev ua ntej ntshav tsis tsuas yog dej xwb. Tom qab cov ntshav kos tiav lawm, koj tuaj yeem rov pib koj cov zaub mov zoo li qub.
2. Tsis txhob haus cawv 24 teev ua ntej yuav ntshav.
3. Tsis txhob haus luam yeeb lossis zom cov pos hniav (txawm tias tsis muaj suab thaj).
4. Txhob haus dej kom ntau ua ntej cov ntshav tawm tshwj tsis yog koj tau qhia lwm yam
tus kws kho mob.
5. TSIS TXHOB noj tag nrho koj cov tshuaj raws li lub sijhawm teem tseg tsis tu ncua tshwj tsis yog qhia lwm yam
los ntawm koj tus kws kho mob.
6. Koj tuaj yeem txhuam koj cov hniav.