

Time Chart

Appointment time	Arrival time	Step 1	Step 2	Fasting time
6:30 AM	6:00 AM	7:00 PM	1:30 AM	2:30 AM
7:20 AM	6:30 AM	7:00 PM	2:00 AM	3:00 AM
8:10 AM	7:30 AM	7:00 PM	3:00 AM	4:00 AM
9:00 AM	8:15 AM	7:00 PM	4:00 AM	5:00 AM
10:00 AM	9:15 AM	7:00 PM	5:00 AM	6:00 AM
10:40 AM	10:00 AM	7:00 PM	5:30 AM	6:30 AM
11:20 AM	10:40 AM	7:00 PM	6:00 AM	7:00 AM
12:00 AM	11:15 AM	7:00 PM	7:00 AM	8:00 AM
12:40 PM	12:00 PM	7:00 PM	7:30 AM	8:30 AM
1:20 PM	12:40 PM	7:00 PM	8:00 AM	9:00 AM
2:00 PM	1:15 PM	7:00 PM	9:00 AM	10:00 AM
2:40 PM	2:00 PM	7:00 PM	9:30 AM	10:30 AM
3:10 PM	2:30 PM	7:00 PM	10:00 AM	11:00 AM
7:30 AM	7:00 AM	7:00 PM	2:30 AM	3:30 AM
8:20 AM	7:30 AM	7:00 PM	3:00 AM	4:00 AM
9:10AM	8:30 AM	7:00 PM	4:00 AM	5:00 AM
10:00 AM	9:15 AM	7:00 PM	5:00 AM	6:00 AM
10:30 AM	9:45 AM	7:00 PM	5:30 AM	6:30 AM
11:00 AM	10:15 AM	7:00 PM	6:00 AM	7:00 AM
11:40 AM	11:00 AM	7:00 PM	6:30 AM	7:30 AM
12:40 PM	12:00 PM	7:00 PM	7:30 AM	8:30 AM
1:10 PM	12:30PM	7:00 PM	8:00 AM	9:00 AM
2:00 PM	1:15 PM	7:00 PM	9:00 AM	10:00 AM
2:50PM	2:00 PM	7:00 PM	9:30 AM	10:30 AM
3:40 PM	3:00 PM	7:00 PM	10:30 AM	11:30 AM
4:00 PM	3:15 PM	7:00 PM	11:00 AM	12:00 PM