

Fasting Blood Sugar Test

This test shows how well your body uses sugar called glucose. This test may be done to check for diabetes.

- **Do not** eat or drink anything, including water, after midnight before your test. This includes coffee, gum, candy, and mints.
- **Do not** smoke after midnight before your test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Report to the _____
at _____ in the morning.
- Your blood sample is taken with a needle.
- You can eat and drink your normal diet after the test.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

空腹血糖检查

这个检查显示身体利用葡萄糖的状况。也可以用来检查糖尿病。

- 检查之前不要吃、喝任何东西，包括水、咖啡、口香糖、糖果和薄荷糖。
- 检查之前不要在午夜之后吸烟。
- 咨询医生检查当天上午该不该吃药。如果应该吃，则只可喝几小口水来送药。
- 上午向_____的_____报告。
- 血样用针筒抽取。
- 检查之后可以正常饮食。

检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

Fasting Blood Sugar. Simplified Chinese.

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