

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.

空腹血糖測試

這項測試顯示您的身體有否好好運用葡萄糖，也可用以檢查糖尿病。

- 測試前的午夜後請勿進食或飲用任何東西，包括清水、咖啡、口香糖、糖果及薄荷片。
- 測試前的午夜後請勿抽菸。
- 請教您的醫生應否在測試當天早上吃藥。如需要，請只以小口清水送服。
- 請於早上_____到_____報到。
- 職員會以針筒抽取您的血液樣本。
- 測試後可恢復正常飲食。

測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

Fasting Blood Sugar Test. Traditional Chinese.

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