Fasting Blood Sugar Test

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

To Prepare

- **Do not** eat or drink anything, including water, after midnight before the test. This includes coffee, gum, candy and mints.
- **Do not** smoke after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During the Test

- A blood sample is taken with a needle from your arm.

After the Test

- You can eat and drink your normal diet.
- 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.

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