

# 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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# Анализ уровня сахара в крови, проводимый натощак

Этот анализ показывает, каким образом Ваш организм усваивает сахар, называемый глюкозой. Этот анализ проводится с целью выявления диабета.

## Для подготовки

- Начиная с полуночи до начала обследования **не разрешается** прием пищи и жидкости, даже воды. Это относится и к кофе, жевательной резинке, конфетам и мятным леденцам.
- **Воздержитесь** от курения, начиная с полуночи до начала обследования.
- Если Вам необходимо принять лекарства утром в день обследования, принимайте их только с небольшим количеством воды.

## Во время обследования

- Анализ крови будет взят из Вашей руки с помощью иглы.

## После обследования

- Вы сможете есть и пить в соответствии со своим обычным режимом питания.
- Результаты обследования будут направлены Вашему врачу. Ваш врач обсудит с Вами результаты обследования.

**Если у Вас есть какие-либо вопросы или опасения, обратитесь к Вашему врачу или медсестре.**

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