

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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Baaritaanka Soommanaanta ee Sonkorta Dhiigga

Baaritaankani wuxuu muujiyaa sida wanaagsan ee uu jirkaagu u isticmaalayo sonkorta la yiraahdo *glucose*. Baaritaankan waxaa la samayn karaa iyadoo la eegayo in aad sonkorow qabtid.

Si aad diyaar u Noqoto

- Waxna ha cunin **hana cabbin**, marka lagu daro biyo, wixii ka danbeeya bartamaha habeenka baaritaanka ka hor. Waxa ku jira bunka, xanjada iyo nacinaca iyo xawaashka nacinaca.
- **Ha cabbin** sigaar kadib badhtamaha habeenka baaritaanka ka hor.
- Haddii aad qaadanaysid dawooyinkaaga subaxa baaritaanka, ku qaado kaliya kabashooyin yaryar oo biyo ah.

Waqtiga Baaritaanka

- Dhiig saambal, ama in yar oo tusaale ahaan ah, ayaa irbad lagaaga qaadi gacantaada.

Baaritaanka ka Dib

- Waad cuni kartaa oo cabbi kartaa cuntadaadii caadiga ahayd.
- Natijjooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natijjooyinka kula wadaagi doonaa.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad wax su'aalo ah ama walaac ah qabtid.

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