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.

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.
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 cabbit**, marka lagu daro biyo, wixii ka danbeeya bartamaha habeenka baaritaanka ka hor. Waxa ku jira bunka, xanjada iyo nacnaca iyo xawaashka nacnaca.
- **Ha cabbit** sigaar kadib badhtamaha habeenka baaritaanka ka hor.
- Haddii aad qaadanaysid dawooyinkaaga subaxa baaritaanka, ku qaado kaliya kabashooyn 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.
- Natiijyooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijyooyinka kula wadaaggi doonaa.

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

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org). Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Fasting Blood Sugar Test. Somali