

# 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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# Prueba del azúcar en la sangre en ayunas

Esta prueba permite determinar si su cuerpo utiliza bien el azúcar llamada glucosa. Esta prueba se realiza para verificar la posibilidad de que padezca diabetes.

## Preparación

- **No** coma ni beba nada, ni siquiera agua, después de la medianoche del día anterior al examen. Esto incluye el consumo de agua, goma de mascar, caramelos y pastillas de menta.
- **No** fume después de la medianoche del día anterior al examen.
- Si tiene que tomar medicamentos la mañana del examen, tómelos bebiendo solamente sorbos de agua.

## Durante el examen

- Se extraerá una muestra de sangre de su brazo con una jeringa.

## Después del examen

- Puede comer y beber normalmente.
- Los resultados del examen se le envían a su médico, quien los analizará con usted.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

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