

# 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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# اختبار سكر الدم الصائم

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## الإعدادات

- لا تأكلي أو تشربي أي شيء، متضمناً المياه، بعد منتصف الليلة السابقة لإجراء الاختبار.
- لا تقومي بالتدخين بعد منتصف الليلة السابقة لإجراء الاختبار.
- إذا كنت ستأخذين أدوية في صباح يوم إجراء الاختبار، فتناوليهما مع رشقات قليلة من المياه فقط.

## أثناء الاختبار

- يتم أخذ عينة دم من ذراعك بالإبرة.

## بعد الاختبار

- يمكنك معاودة الأكل والشرب حسب نظامك الغذائي المعتاد.
- سيتم إرسال نتيجة الاختبار إلى طبيبك. وسوف يقوم بدوره بإطلاعك على النتائج.

تحدثي إلى طبيبك أو ممرضتك إذا كان لديك أية تساؤلات أو استفسارات.

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