

# 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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# Test de glycémie à jeun

Ce test montre comment votre corps utilise un sucre appelé glucose. Il peut être réalisé pour vérifier si vous avez du diabète.

## Préparation

- **Ne** mangez et ne buvez **rien**, pas même de l'eau, après minuit dans la nuit précédant l'examen. Cela inclut le café, le chewing-gum, des confiseries et des bonbons à la menthe.
- **Ne** fumez **pas** après minuit dans la nuit précédant l'examen.
- Si vous devez prendre vos médicaments le matin de l'examen, prenez-les avec des petites gorgées d'eau uniquement.

## Pendant l'examen

- Un échantillon de sang sera prélevé avec une aiguille dans votre bras.

## Après l'examen

- Vous pouvez manger et boire normalement.
- Les résultats de l'examen seront envoyés à votre médecin. Ce dernier les commentera avec vous.

**Parlez à votre médecin ou à votre infirmière si vous avez des questions ou des inquiétudes.**

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