

# 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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# खाली पेट रक्त शर्करा परीक्षण

इस परीक्षण से यह पता चलता है कि आपका शरीर ग्लूकोज़ नामक शर्करा का उपयोग कितनी अच्छी प्रकार से करता है। यह परीक्षण मधुमेह (डायबिटीज़) की जाँच करने के लिए किया जा सकता है।

## तैयारी करना

- इस परीक्षण से पहले मध्यरात्रि के बाद कुछ भी न खाएँ—पीएँ, पानी भी न पीएँ। इसमें कॉफी, गम, कैंडी और मिंट खाना—पीना भी मना है।
- परीक्षण से पहले मध्यरात्रि के बाद धूम्रपान न करें।
- यदि परीक्षण के दिन सुबह आपको अपनी दवाएं लेनी हों, तो केवल कुछ घूंट पानी के साथ ही दवाएं लें।

## परीक्षण के दौरान

- आपके रक्त का नमूना सुई से लिया जाता है।

## परीक्षण के बाद

- आप अपनी सामान्य खुराक खा—पी सकते हैं।
- परीक्षण के परिणाम आपके चिकित्सक को भेज दिए जाते हैं। आपका/आपकी चिकित्सक परिणामों को आपके साथ साझा करेगा/करेगी।

यदि इस बारे में आपके कोई प्रश्न या चिंताएँ हों तो अपने चिकित्सक या नर्स से बात करें।

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