

# 空腹時血糖 (FBS) 検査

## Fasting Blood Sugar (FBS) Test

This test shows how well your body uses sugar called glucose. This test may be done to check for diabetes, or how well diabetes treatment may be working.

この検査は、ブドウ糖とよばれる糖分が体内でどれだけ利用されるのかを調べます。この検査は、糖尿病の有無、または糖尿病の治療が良好かどうかを調べるためにも実施される場合があります。

### To Prepare

- Do not eat or drink anything, except 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.

### 準備

- 検査前日の夜中以降は、水以外一切飲食しないでください。コーヒー、ガムや飴、ミントも含めて控えてください。
- 検査前日の夜中以降は喫煙できません。
- 検査当日の朝にお薬を飲む場合には、少量の水だけで飲んでください。

### During the Test

A blood sample is taken from your arm with a needle. The sample is collected in a tube to be sent to the lab.

### 検査中

腕から針で採血します。血液サンプルはチューブに採り、検査機関へ送られます。

### 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.
- Normal fasting blood sugar is between 70 and 100 mg/dl. If your blood sugar level is over 100, your doctor may order another test.

### 検査後

- 通常通りに飲食できます。
- 検査結果は主治医に送付されず。主治医から結果の説明を受けます。
- 空腹時血糖値の正常値は70～100 mg/dlです。血糖値が100を超える場合、主治医が精密検査を受けるよう指示する場合があります。

**Talk to your doctor or nurse if you have any questions or concerns.**

**質問や不明な事項については、主治医または看護師にご相談ください。**

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