

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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空腹時血糖検査

この検査は、グルコースと呼ばれる糖がどのくらい体内で利用されているかを調べるテストです。この検査は、糖尿病の疑いの有無を判断します。

準備

- 検査前日の夜中 12 時から**絶飲食**（水も含む）して下さい。コーヒー、ガム、飴やミントも含まれます。
- 検査前日の夜中 12 時から**禁煙**して下さい。
- 検査当日の朝に薬を服用する場合、少量の水で飲んでください。

検査中

- 血液サンプルを針で採取します。

検査後

- 通常通り飲食できます。
- 検査結果は、貴方の医師に送付されます。医師はその結果を貴方に報告します。

質問や不安がある場合は、医師または看護師にご相談下さい。

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