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.
공복 혈당 검사

이 검사는 신체가 글루코스라고 부르는 당분을 얼마나 잘 사용하는지를 보여줍니다. 당뇨병이 있는가 확인하기 위하여 이 검사를 받습니다.

검사 준비

- 검사 받기 전 자정 이후에는 물을 포함하여 아무 것도 먹지 마십시오. 커피, 검, 사탕, 민트도 다 포함됩니다.
- 검사 받기 전 자정 이후에는 담배를 피우지 마십시오.
- 검사 받는 날 아침 약을 복용해야 하면 약간의 물만 사용하여 드십시오.

검사 중

- 주사 바늘로 팔에서 혈액을 채취합니다.

검사 후

- 평소같이 음식을 드셔도 됩니다.
- 검사 결과는 의사에게 보냅니다. 의사가 결과를 알려줄 것입니다.

질문이나 문제가 있으시면 의사나 간호사에게 말하십시오.

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