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.

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.

During the Test

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

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.

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