

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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Exame de açúcar no sangue (glicemia) em jejum

Este exame mostra com que eficiência seu corpo usa o açúcar do tipo glicose, e pode ser feito para detectar um possível diabetes.

Preparação

- **Não** coma nem beba nada, inclusive água, após a meia-noite anterior ao exame. Incluem-se neste caso: café, goma de mascar, doces e pastilhas de hortelã.
- **Não** fume depois da meia-noite anterior ao exame.
- Se precisar tomar remédios na manhã do exame, tome-os só com golinhos de água.

Durante o exame

- Uma agulha será usada para coletar uma amostra de sangue do seu braço.

Após o exame

- Você poderá comer e beber normalmente.
- Os resultados do exame serão enviados ao seu médico. O médico deverá falar com você sobre os resultados.

Se tiver alguma dúvida ou preocupação, converse com seu médico ou enfermeira.

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