

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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空腹血糖检查

这个检查显示身体利用葡萄糖的状况。也可以用来检查糖尿病。

准备事项

- 检查之前不要吃、喝任何东西，包括水、咖啡、口香糖、糖果和薄荷糖。
- 检查之前不要在午夜之后吸烟。
- 如果检查当天早上吃药，则只可喝几小口水来送药。

检查期间

- 用针筒在手臂抽取血样。

检查之后

- 检查之后可以正常饮食。
- 检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

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