

空腹血糖 (FBS) 測試

Fasting Blood Sugar (FBS) Test

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.

這項測試顯示您的身體有否好好運用葡萄糖，也可用以檢查糖尿病。

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.

準備工作

- 除水外，測試前的午夜後請勿進食或飲用任何東西。包括咖啡、口香糖、糖果及薄荷片。
- 測試前的午夜後請勿抽菸。
- 如測試當天早上吃藥，請只喝幾小口水送服。

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.

測試過程

職員會以針筒在手臂抽取您的血液樣本。將樣品收集在試管中，然後送至實驗室。

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.

測試後

- 測試後可恢復正常飲食。
- 測試結果會送到您的醫生處。您的醫生會告知您結果。
- 正常空腹血糖在70 ~ 100mg/dl之間。如果您的血糖超過100，醫生可能會要求再測一次。

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

若您有任何疑問或擔憂，請諮詢您的醫生或護士。

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