

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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空腹血糖測試

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。

準備事項

- 測試前的午夜後請勿進食或飲用任何東西，包括清水、咖啡、口香糖、糖果及薄荷片。
- 測試前的午夜後請勿抽菸。
- 如果測試當天早上吃藥，則請只以小口清水送服。

測試期間

- 職員會以針筒在手臂抽取您的血液樣本。

測試之後

- 測試後可恢復正常飲食。
- 測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

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Fasting Blood Sugar Test. Traditional Chinese.