

# 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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# Thử Nghiệm Đường Huyết Lúc Đói

Thử nghiệm này cho biết độ hấp thụ đường được gọi là glucoza của cơ thể quý vị. Thử nghiệm này được thực hiện để kiểm tra bệnh tiểu đường.

## Chuẩn bị

- **Không** ăn hay uống, kể cả nước, sau nửa đêm trước khi thử nghiệm. Điều này bao gồm cà phê, kẹo cao su, kẹo, và kẹo the.
- **Không** hút thuốc lá sau nửa đêm trước khi thử nghiệm.
- Nếu phải uống thuốc buổi sáng trước khi thử nghiệm, chỉ nên uống với vài hớp nước.

## Trong thời gian thử nghiệm

- Một mẫu máu sẽ được lấy bằng kim từ cánh tay của quý vị.

## Sau khi thử nghiệm

- Quý vị có thể ăn uống bình thường trở lại.
- Kết quả thử nghiệm được gửi đến bác sĩ. Bác sĩ sẽ cho quý vị biết kết quả.

**Cho bác sĩ hay y tá biết nếu có bất cứ thắc mắc hay quan tâm nào.**

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