

Fasting Blood Sugar Test

This test shows how well your body uses sugar called glucose. This test may be done to check for diabetes.

- **Do not** eat or drink anything, including water, after midnight before your test. This includes coffee, gum, candy, and mints.
- **Do not** smoke after midnight before your test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Report to the _____
at _____ in the morning.
- Your blood sample is taken with a needle.
- You can eat and drink your normal diet after the test.

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.