空腹血糖（FBS）检查

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.

这项检查显示身体利用葡萄糖的状况。该检查可用于检查糖尿病或糖尿病治疗的效果。

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.

准备

- 检查前一天的午夜过后，请勿饮食，除了水。包括咖啡、口香糖、糖果和薄荷。
- 检查前一天的午夜过后不要吸烟。
- 如果检查当天早上需要吃药，请只用几小口水来送药。

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.

检查期间

用针头从您的手臂采集血样。将血样采集至试管中，送至实验室。

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.

检查之后

- 检查之后可以正常饮食。
- 检查结果会发送给您的医生。医生会告知您检查结果。
- 正常空腹血糖值在70～100mg/dL之间。如果您的血糖水平超过100，您的医生可能会安排另一项检查。

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

如果您有任何疑问或疑虑，请咨询您的医生或护士。