

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.

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.

During the Test

A blood sample is taken from your arm with a needle. The sample is collected in a tube to be sent to the lab.

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.

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