

# Fasting Blood Sugar (FBS) (Baaritaanka Sonkorta Dhiiga Ayadoo aan waxba la cunin)

## 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.

Baaritaan waxa uu muujiyaa sida jirkaagu u isticmaalo sonkorta loo yaqaan glucose. Baaritaan waxaa loo isticmaalaa in lagu ogaado sokorta dhiiga, ama sida daaweynta sonkorta waxtar kuugu leedahay.

### 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.

### Si aad U diyaargarowdid

- Ha cunin ama cabin waxba, marka laga reebo biyo, illaa saqda dhexe habaynka ka horeeya maalinta baaritaanka. Tani waxaa kujira kafeega, xanjada, nacnaca iyo mintiga.
- Sigaar ha cabin habeenka ka horeeya baaritaanka.
- Haddii ay qasab tahay inaad daawo cunto subaxa baaritaanka, ku cun dhawr kabo oo biyo ah kaliya.

### 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.

### Inta lagu jiro Baaritaanka

Dhiig muunad ah ayaa laga qaadayaa gacantaada ayadoo la isticmaalaayo cirbad. Muunada waxaa lagu soo qaadaa tuubada waxaana loo gudbiyaa laabka.

### 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.

### Baaritaanka Kadib

- Sidii caadiga ahayd ayaad wax u cuni kartaa ama u cabi kartaa.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

- 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.
- Heerka sonkorta dhiiga marka qofka wax cunin waa 70 iyo 100 mg/dl. Haddii heerka sonkorta dhiigaaga ay ka sareeyso 100, dhakhtarkaaga waxa uu kuu diri karaa baaritaan kale.

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

**La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.**