

# Prueba de azúcar en la sangre en ayunas (Fasting Blood Sugar, FBS)

## 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.

Esta prueba muestra qué tan bien el cuerpo usa el azúcar llamado glucosa. Puede realizarse para comprobar si hay diabetes o si el tratamiento de la diabetes está funcionando bien.

### 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.

### Preparación

- No coma ni beba nada, excepto agua, después de la medianoche anterior a la prueba. Esto incluye café, chicles, caramelos y mentas.
- No fume después de la medianoche anterior a la prueba.
- Si tiene que tomar medicamentos la mañana de la prueba, tómelos bebiendo unos sorbos de agua solamente.

### 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.

### Durante la prueba

Se toma una muestra de sangre del brazo con una aguja. La muestra es recolectada en un tubo para enviarla al laboratorio.

### 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.

### Después de la prueba

- Puede comer y beber su dieta habitual.
- Los resultados de la prueba se le envían al médico. El médico los analizará con usted.
- El azúcar en la sangre normal en ayunas está entre 70 y 100 mg/dl. Si su nivel de azúcar en la sangre es superior a 100, el médico puede ordenar otra prueba.

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

**Hable con el médico o con el personal de enfermería si tiene alguna pregunta o inquietud.**

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