

फास्टिङ्ग ब्लड सुगर (FBS) जाँच

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.

तपाईंको शरीरले ग्लुकोज भनिने चिनीको प्रयोग कति राम्रोसँग गर्दछ भनी यो जाँचले देखाउँछ। यो जाँच मधुमेहको जाँचका लागि गर्न सकिन्छ, वा मधुमेहको उपचार कति राम्रोसँग चल्दैछ भनी गर्न सकिन्छ।

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.

तयार गर्नको लागि

- जाँच गरिनुअघि मध्यरातिपछि पानी बाहेक अरू केही खानु वा पिउनु हुँदैन। यसमा कफी, गम, क्यान्डी वा मिन्ट सामेल छन्।
- जाँच गरिनुअघि मध्यरातिपछि धूम्रपान नगर्नुहोस्।
- विहान जाँच गरिनुअघि तपाईंले औषधि खानु पर्ने हुन्छ भने एक घूँट पानीसँग मात्रै खानुहोस्।

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.

परीक्षण अवधिमा

तपाईंको पाखुराबाट सुईले रगतको नमुना लिइन्छ। नमुनालाई एउटा ट्यूबमा राखेर ल्याबमा पठाइन्छ।

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.

परीक्षणपछि

- तपाईंले आफ्नो सामान्य खानपान गर्न सक्नुहुन्छ।
- परीक्षणका नतिजाहरू चिकित्सकलाई पठाइन्छ। तपाईंको चिकित्सकले तपाईंसँग नतिजाहरू साझा गर्नुहुनेछ।
- सामान्य फास्टिङ्ग सुगर 70 र 100 मि.ग्रा./डि.एल. हुन्छ। यदि तपाईंको ब्लड सुगर स्तर 100 भन्दा माथि छ भने तपाईंको डक्टरले अर्को जाँचको आदेश दिन सक्छ।

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

तपाईंसित कुनै प्रश्नहरू वा चिन्ताहरू छन् भने, तपाईंको डक्टर वा नर्ससित यसबारे कुरा गर्नुहोस्।

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