

Fasting Glucose Test

What Is Fasting Glucose Test

A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Glucose comes from carbohydrate foods. It is the main source of energy used by the body.

One of the different type of blood glucose tests that is used.

- **Fasting blood sugar (FBS)** measures blood glucose after you have not eaten for at least 8 hours.

How To Prepare

For a fasting blood sugar test, **do not eat or drink** anything other than water for **10-14 hours** before the blood sample is taken.

If you have diabetes, you may be asked to wait until you have had your blood tested before taking your morning dose of insulin or diabetes medication.