

Fasting Blood Sugar Test

What is the fasting blood sugar test?

The fasting blood sugar test (FBS) measures the amount of glucose (sugar) in your blood when you have not had anything to eat or drink for several hours.

This test is also called a fasting plasma glucose test (FBS).

Why is this test done?

The most common use of this test is to check for diabetes.

How do I prepare for this test?

The simplest way to check for diabetes is to check your blood sugar before you've had anything to eat or drink in the morning. In most cases you will fast overnight, eating nothing and drinking nothing but water after your evening meal and in the morning before your blood is drawn.

If you do shift work, it's best to have your blood checked after your usual sleeping time (after at least 6 hours of sleep) and before you start your active day. When you wake up, you should have nothing to eat and nothing to drink except water before your blood is drawn.

You may need to avoid taking certain medicines before the test because they might affect the test result. Make sure your healthcare provider knows about any medicines, herbs, or supplements that you are taking. Don't stop any of your regular medicines without first consulting with your healthcare provider.

Talk to your healthcare provider if you have any questions.

How is the test done?

Your healthcare provider may poke your finger with a lancet and fill a small tube with the blood. Or a small amount of blood may be taken from your arm with a needle. The blood is sent to a lab.

Having this test will take just a few minutes.

Ask your healthcare provider when and how you will get the result of your test.

What does the test result mean?

The normal fasting blood sugar range in most labs is 70 to 99 milligrams per deciliter (3.9 to 5.5 millimoles per liter).

A fasting blood sugar level of 100 to 125 mg/dL (5.5 to 6.9 mmol/L) is called impaired fasting glucose or prediabetes. A level of 126 mg/dL (7.0 mmol/L) or higher can mean you have diabetes. The test should be repeated at another time to confirm the result.

Your blood sugar level may be **higher than normal** (a condition called hyperglycemia) if:

- You have prediabetes, a condition that can become diabetes.
- You have diabetes.
- You have previously diagnosed diabetes and:
 - You have not been taking insulin or diabetes medicine, or your diabetes medicine is not adequately controlling your diabetes.
 - You have not been following a diabetic diet.
- You have kidney or liver disease.
- Your pancreas is inflamed.
- Your body is severely stressed from an illness, infection, or injury.
- You are taking medicine, such as steroids (Prednisone), which can raise your blood sugar.

Your blood sugar level may be **lower than normal** (called hypoglycemia) if:

- You have diabetes and:
 - The dose of insulin or other medicine used to control your diabetes is too high.
 - You took your medicine for diabetes but then did not eat.
- Your thyroid, pituitary, or adrenal glands are not working normally.
- You have liver disease.
- You have problems absorbing food.
- You are not getting the nutrients you need from your diet.

What if my test result is not normal?

Test results are only one part of a larger picture that takes into account your medical history and current health. Sometimes a test needs to be repeated to check the first result. Talk to your healthcare provider about your result and ask questions, such as:

- If you need more tests
- What kind of treatment you might need
- What lifestyle, diet, or other changes you might need to make

Developed by RelayHealth.

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