

GLUCOSE BLOOD TEST

FASTING / NON FASTING

WHAT IS A GLUCOSE TEST?

GLUCOSE

Glucose is a type of sugar and the body's main source of energy.

A glucose test measures the amount of glucose in the bloodstream.

WHAT DO RESULTS INDICATE?

RESULTS

High glucose levels in the bloodstream indicate that you have or may have diabetes.

Low glucose levels may be caused by side effect of diabetic medications or decreased appetite.

Low glucose levels in a person who has not been diagnosed with diabetes may be a sign of kidney disease, liver disease, or alcohol use disorder.

PREPARE FOR BLOOD DRAW

PREPARATION

FASTING

No eating or drinking up to 12 hours prior to test except water.

Get a good night's sleep, drink plenty of water prior to test. This will help increase your blood volume and make it easier to access your vein for blood draw.

Take your prescribed medications as usual, unless directed by your physician to do otherwise.

NON-FASTING

You can eat and drink as normal before testing.



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