

Fasting Blood Sugar and Two Hour after Eating (Post-Prandial) Blood Sugar Test

Fasting Blood Sugar Test

1. Eat a normal evening meal the night before the test is scheduled. If you are on a special diet, such as for diabetes, please follow those instructions and eat your regular evening snack.
2. Do not eat or drink anything after midnight or on the morning of your test. This includes coffee, gum, Life Savers, candy, mints, etc. Do not smoke after midnight.
3. If you are taking medicine on a regular schedule and have a dose for the morning of the test, check with the nurse before taking the medicine.
4. Report to the Charge Nurse between 8:30 and 9:00 am for your test. If you are scheduled to see the doctor that day, have your Fasting Blood Sugar Test done first.
5. If you are scheduled for a blood sugar test for 2 hours after you eat, please follow the instructions below.

Two Hour Post-Prandial Blood Sugar Test

1. After having the Fasting Blood Sugar Test, eat a good breakfast. Have fruit or juice, cereal with milk, and/or buttered toast and eggs, and coffee or tea. Bring your own breakfast to the clinic, or plan to eat breakfast in the cafeteria.
2. Note on a piece of paper the exact time you finished eating breakfast.
3. Report to the Charge Nurse for a blood test to be taken exactly 2 hours after you have finished eating breakfast.

Learn more about your health care.