



Preparation for Blood Sugar Test

- Step 1. Overnight fasting for atleast 8 hours
- Step 2. Give Blood sample for Fasting Blood Sugar
- Step 3. Take morning dose of medicines for Diabetes including daily Dose of Insulin 30 Minutes before having breakfast
- Step 4. Wait for 30 minutes and take your Breakfast
- Step 5. The medicine which you usually take after breakfast should be taken exactly in the same manner on the day of test.
- Step 6. Take your Lunch at your usual time . DO NOT FORGET to take Insulin and Anti Diabetic medications 30 minutes prior to Lunch on the Day of Blood Test as well.
- Step 7. The Medicines which you usually take after lunch, should be taken exactly in the same manner on the day of test.
- Step 8. Give Blood sample 2 hours after starting lunch for Post Lunch Blood Sugar or 2 hours after starting breakfast for post breakfast blood sugar.

Foot Note : Some modern insulin preparations are to be taken just before the meals. Consult your doctor about the time gap between insulin injection and meal in your individual care.