

Adjusting Your Diabetes Medicine and Diet for Fasting Blood Tests

Be sure to take a fast-acting sugar and your blood glucose meter with you.

To prevent low blood sugars:

- Have the lab test done as early in the morning as possible.
- Take your diabetes medicine (pills, injectables, insulin, or insulin by pump) as usual the day before the test or as your healthcare provider tells you.
- Test your blood sugar before leaving home. If your blood sugar is less than 4 mmol/L treat, eat a meal, and have the blood test done on another day.
- Test your blood sugar at the lab. If your blood sugar is low, please tell the person doing your blood work.
- Test your blood sugar before you leave the lab. Make sure it's above 5 mmol/L before you drive. If it's below 5 mmol/L, treat with 15 grams carbohydrate until your blood sugar is over 5 mmol/L. **Wait** 45 minutes before you drive.
- Take your usual morning diabetes medicine after the test is done and you're ready to eat.

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.
