

# 空腹、飯後採血須知

## Fasting and Postprandial Blood Collection Instructions

一、空腹採血項目（例：空腹血糖、三酸甘油酯等）須空腹 8~10 小時，抽空腹血糖時，請勿吃飯前藥物或打胰島素。

Tests that require fasting (e.g. fasting blood sugar, triglycerides) must be done after fasting for 8-10 hours. Do not take any pre-meal medications or insulin before the fasting blood draw.

二、必要時若需飲水、服藥，可喝少許白開水，空腹期間最多只可喝 200 毫升白開水。

If necessary, you may drink a small amount of water or take essential medications. During the fasting period, you may drink up to 200 ml of water only.

三、飯後血糖：

食物吃第一口時開始計時 2 小時（或醫生規定時間），並記得照常吃飯後藥物，於 2 小時後抽血檢查（若 6 點吃早餐，請記得 8 點抽飯後血糖）。

### **Postprandial Blood Sugar:**

Start counting 2 hours from the first bite of your meal (or follow your doctor's instructions). Be sure to take your usual post-meal medications, and have your blood drawn exactly 2 hours after eating.

*(For example, if you start breakfast at 6:00 AM, please have your blood drawn at 8:00 AM.)*

※飯後血糖可在抽血前**提早 5 分鐘**，號碼機按 3 號領取飯後抽血號碼牌。

Tip: You may arrive up to **5 minutes early** for your postprandial blood test. Please press Button 3 on the number machine to get a queue ticket for post-meal blood draw.

※若仍有疑問，請電 26723456 轉 7307

If you have any questions, please call 02-26723456#7307