

Diagnosing Diabetes

HOW IS DIABETES DIAGNOSED?

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes. Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

A1C

The A1C test measures your average blood glucose for the past 2 to 3 months. The advantage of being diagnosed this way is that you don't have to fast or drink a special drink.

Diabetes is diagnosed at:
A1C: 6.5%

Fasting Plasma Glucose (FPG)

This test is usually done first thing in the morning, before breakfast and checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test.

Diabetes is diagnosed at:
Fasting blood glucose: 126 mg/dl

Oral Glucose Tolerance Test (also called the OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose.

Diabetes is diagnosed at:
2-h blood glucose: 200 mg/dl

Random (also called Casual) Plasma Glucose Test

If you are showing severe diabetes symptoms, your doctor may use a random glucose test.

Diabetes is diagnosed at:
Blood glucose: 200 mg/dl

WHAT IS PREDIABETES?

Prediabetes is a condition when your blood glucose is higher than normal but not high enough to be diabetes. This condition puts you at risk for developing type 2 diabetes.

Results indicating prediabetes are:

An A1C of 5.7%-6.4%
Fasting blood glucose of 100-125 mg/dl
2-h blood glucose of 140 mg/dl - 199 mg/dl

More handouts about this and other topics can be found at <http://professional.diabetes.org/PatientEd>

For more information visit diabetes.org or call 1-800-DIABETES