

# Diabetes: What do the Numbers Mean?

Fraser Health Diabetes Health Centres

## Blood Glucose Levels and A1C

Results	Fasting Blood Glucose (mmol/L)	Blood Glucose After Eating <u>or</u> 2 Hour GTT <sup>1</sup> (mmol/L)	A1C (%)
Normal	Less than 6.1	Less than 7.8	Less than 6.0
Prediabetes <sup>2</sup>	6.1 – 6.9	7.8 – 11.0	6.0 – 6.4
Diabetes <sup>3</sup>	7.0 or more	11.1 or more	6.5 or more

## Your Test Results

Date	Fasting Blood Glucose (mmol/L)	Blood Glucose After Eating <u>or</u> 2 Hour GTT <sup>1</sup> (mmol/L)	A1C (%)

## Your test results show:

Prediabetes                       Diabetes

### Note:

- a GTT<sup>1</sup> is recommended if your fasting blood glucose is 6.1 to 6.9 mmol/L and/or A1C is 6.0 – 6.4 %
- a GTT<sup>1</sup> may be recommended if your fasting blood glucose is 5.6 to 6.0 mmol/L and/or A1C is 5.5 – 5.9 % **and** you have one or more risk factors for type 2 diabetes

<sup>1</sup> GTT (Glucose Tolerance Test): A sweet drink (containing 75 g glucose = 15 tsp sugar) is given, then blood glucose is tested 2 hours later.

<sup>2</sup> Fasting blood glucose of 6.1 – 6.9 mmol/L is also called impaired fasting glucose (IFG) and 2 hour blood glucose of 7.8 – 11.0 mmol/L is also called impaired glucose tolerance (IGT).

<sup>3</sup> Test is repeated another day to confirm the diagnosis of diabetes.