

Diagnosis of Diabetes or Pre-Diabetes

Name of Test	Normal Level	Pre-diabetes	Diabetes
Fasting blood glucose (repeated on another day or confirmed with another test)	Less than 100mg/dL	100-125mg/dL	126mg/dL or greater
Oral glucose tolerance test	Less than 140mg/dL at 2 hours	140-199mg/dL at 2 hours	200mg/dL or greater at 2 hours
A1C	Less than 5.7%	5.7-6.4%	6.5% or greater

Target Blood Glucose and A1c for those with diabetes

Testing Time	American Diabetes Association (ADA) Target Range	American Association of Clinical Endocrinologists (AACE) Target Range	My Target Range
Before meals	80-130mg/dL	Less than 110mg/dL	
2 hours after meals	Less than 180mg/dL	Less than 140mg/dL	
A1C	Less than 7%	Less than 6.5%	

Hemoglobin A1C (or A1C for short)

A1C may also be called estimated average glucose (eAG) as it reflects your average blood glucose level over the past 3 months. A1C can be used to diagnosis a new case of diabetes. It can also be used to see how well-controlled someone with diabetes is.



A1C%	eAG _{mg/dl}
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

Date _____

My A1C result _____ %

My A1C target _____ %