How is pre-diabetes detected?

Pre-diabetes is detected through a blood test taken by the general practitioner, practice nurse, and in some cases, the pharmacist. There are three main types of blood test that are used: Fasting Plasma Glucose (FPG), Oral Glucose Tolerance (OGT) and Glycated Haemoglobin (HbA₁c).

Understanding the blood sugar results can seem confusing because it depends on the type of test that you have had (see below).

**Glycated Haemoglobin Test**

- This can be taken at any time of day. A glycated haemoglobin level of 42-47mmol/mol (6-6.4%) would mean that you have increased glycated haemoglobin (which is one of the pre-diabetes conditions). A glycated haemoglobin level of 48 or above (6.5%) on two occasions would mean that you have diabetes.

**Fasting Plasma Glucose Test**

- You are asked not to eat overnight and your blood sugar is checked in the morning before eating.

  - A blood sugar level of 6.1 up to 6.9 mmoll⁻¹ would mean that you have impaired fasting glycaemia (which is one of the pre-diabetes conditions).

  - A blood sugar level of 7.0 or above would mean that you have diabetes.

**Oral Glucose Tolerance Test**

- Some nurses and doctors may do a further blood test which is taken two hours after drinking a glucose drink.

  - A blood sugar level of 7.8 up to 11.0 mmoll⁻¹ would mean that you have impaired glucose tolerance (which is one of the pre-diabetes conditions).

  - A blood sugar level of 11.1 or above would mean that you have diabetes.
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