

## DIAGNOSIS OF TYPE 2 DIABETES

WHO TO SCREEN	SYMPTOMS OF HYPERGLYCAEMIA	BLOOD TESTS
<ul style="list-style-type: none"> <li>• Symptoms of hyperglycaemia</li> <li>• Family history of diabetes</li> <li>• Overweight or obese</li> <li>• Over 45 years of age</li> <li>• Hypertension</li> <li>• Dyslipidaemia</li> <li>• Cardiovascular disease</li> <li>• Race/ethnicity e.g. Asian, African, Afro-Caribbean</li> <li>• Polycystic Ovary Syndrome (PCOS)</li> <li>• History of gestational diabetes / baby &gt;4kg birth weight</li> <li>• Certain medications e.g. steroids, some anti-psychotic drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Thirst</li> <li>• Polyuria</li> <li>• Nocturia</li> <li>• Infection</li> <li>• Blurred vision</li> <li>• Lethargy</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting Plasma Glucose (FPG) <i>or</i></li> <li>• Oral Glucose Tolerance Test (OGTT):  FPG and 2 Hour Post-Prandial (PP)  <i>or</i></li> <li>• HbA<sub>1c</sub> <i>* except in situations identified below</i></li> </ul>

### ORAL GLUCOSE TOLERANCE TEST (OGTT)

<ul style="list-style-type: none"> <li>• Unrestricted diet &amp; physical activity for at least 3 days</li> <li>• Fast from 12 midnight (minimum 8 hour fast)</li> <li>• Give 75g glucose load within 5 minutes i.e. 113ml <i>Polycal</i> or 300ml <i>Rapilose</i></li> </ul>	<ul style="list-style-type: none"> <li>• Fast, rest &amp; abstain from smoking x 2 hrs</li> <li>• Venous blood sample at 2 hours</li> </ul>
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### HbA<sub>1c</sub>

<ul style="list-style-type: none"> <li>• Two HbA<sub>1c</sub> results <math>\geq 48</math>mmol/mol (<math>\geq 6.5\%</math>) 2-3 months apart confirms a diagnosis of diabetes</li> <li>• HbA<sub>1c</sub> <math>&lt; 48</math> mmol/mol (<math>&lt; 6.5\%</math>) does not out-rule the possibility of diabetes</li> </ul> <p><b>* HbA<sub>1c</sub> BLOOD TEST IS NOT RECOMMENDED IN THE FOLLOWING SITUATIONS:</b></p> <ul style="list-style-type: none"> <li>• Children, young adults, diagnosis of Type 1 Diabetes</li> <li>• Acutely ill</li> <li>• Symptoms of hyperglycaemia less than two months</li> <li>• Glycogenic medications e.g. steroids, anti-psychotics</li> <li>• Pregnancy</li> <li>• Anaemias</li> <li>• Haemoglobinopathies</li> </ul>
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### INTERPRETATION OF RESULTS

	FPG mmol/l	2 Hour PP mmol/l	HbA <sub>1c</sub> mmol/mol	RBG mmol/l
<b>Pre-Diabetes / Increased Risk of Diabetes</b>	5.6 – 6.9	7.8 – 11.0	39 – 46 (5.7 – 6.4%)	—
<b>Diabetes</b>	$\geq 7.0$ <i>on two consecutive occasions</i>	$\geq 11.1$ <i>on two consecutive occasions</i>	$\geq 48$ ( $\geq 6.5\%$ ) <i>on two consecutive occasions</i>	$\geq 11.1$ <i>with symptoms of hyperglycaemia</i>

**ONE ABNORMAL RESULT IN THE PRESENCE OF SYMPTOMS OF HYPERGLYCAEMIA CONFIRMS DIAGNOSIS OF DIABETES**