



How Do You Know if You Have Diabetes?

Only your healthcare provider can tell if you have diabetes.
Your provider may do one of the following tests to confirm:

Tests	Results that Indicate Diabetes
Blood glucose tested anytime of the day (including those tested after meals)	200 mg/dL or higher and you have symptoms of diabetes
FPG Fasting Plasma Glucose (no food for at least 8 hours)	126 mg/dL or higher
OGTT 2 hour Oral Glucose Tolerance Test (Glucose level checked 2 hours after drinking 75 g of glucose)	200 mg/dL or higher
A1C Blood test that measures average blood glucose control over past 3 months. (No fasting needed)	6.5% or higher

All of the tests need to be repeated to confirm if you have diabetes.

Diagnosing Pre-Diabetes

If your blood glucose is higher than normal but not high enough to be diagnosed as diabetes, you may have "pre-diabetes." Test results that could indicate pre-diabetes are as follows:

Tests	Results that Indicate Pre-Diabetes
FPG	100 - 125 mg/dL
OGTT 2-hour blood glucose	140 - 199 mg/dL
A1C	5.7% - 6.4%