



# Understanding your diabetes results

Your healthcare provider may recommend various tests to check for diabetes. These tests measure your blood sugar levels and will let you know if you have, or are at risk of having, diabetes.

Use the chart below to learn more about these tests and to record your results.<sup>1</sup>

Test	Special instructions	General guidelines	My results
<b>A1c test</b>	This test measures your average blood sugar level for the past 2–3 months. You do not need to fast before the test.	<b>Normal:</b> Below 5.7% <b>Prediabetes:</b> 5.7% to 6.4% <b>Diabetes:</b> 6.5% and above	
<b>Fasting plasma glucose (FPG) test</b>	This test checks your fasting blood sugar levels, so it must be done when you have not had anything to eat or drink (except water) for at least 8 hours before the test.	<b>Normal:</b> Less than 100 mg/dL <b>Prediabetes:</b> 100 to 125 mg/dL <b>Diabetes:</b> 126 mg/dL and above	
<b>Oral glucose tolerance test (OGTT)</b>	This is a 2-hour test that checks blood sugar levels before and 2 hours after drinking a special drink. You will need to fast for at least 8 hours before the test.	<b>Normal:</b> Less than 140 mg/dL <b>Prediabetes:</b> 140 to 199 mg/dL <b>Diabetes:</b> 200 mg/dL and above	
<b>Random plasma glucose test</b>	This test checks blood sugar at any time of day when you have severe diabetes symptoms. You do not need to fast before the test.	<b>Diabetes:</b> 200 mg/dL and above	

## Questions for my doctor:

### Sources

1. “Blood Glucose & A1C Diagnosis,” American Diabetes Association, last accessed August 9, 2024, <https://diabetes.org/about-diabetes/diagnosis>.



Need help reaching your goals? Visit [HumanaNeighborhoodCenter.com](https://HumanaNeighborhoodCenter.com) for additional resources or to schedule an appointment with a health educator.

This is for informational purposes only and does not replace treatment or advice from a healthcare professional. If you have questions, please talk with your doctor. Talk to your doctor before beginning an exercise program or making any changes to your diet.