

# Diabetes Diagnosis, Risk Factors, and Symptoms

## Diagnosis

Diabetes is diagnosed by measuring the level of glucose in your blood. The following tests are used for diagnosis:

- An **A1C** test measures your average glucose level over the last two to three months. This laboratory test can be done at any time of day. (See page 14 for more about the A1C test.)
- A **fasting glucose** test measures your glucose level when you've had nothing to eat or drink (except water) for at least eight hours.
- A **random glucose** test can be used to measure your glucose level at any time of day.
- An **oral glucose tolerance test (OGTT)** measures your glucose level when you've had nothing to eat or drink (except water) for at least eight hours, and again two hours after you drink a sweetened beverage.

An elevated test result often needs to be repeated on a separate day to confirm the diagnosis of diabetes.

Diagnosis	A1C	Fasting Glucose	Random Glucose*	2-hour OGTT
Diabetes	6.5% or higher	126 mg/dL or higher	200 mg/dL or higher with symptoms	200 mg/dL or higher*
Prediabetes	5.7–6.4%	100–125 mg/dL		140–199 mg/dL

\* Random glucose cannot be used to diagnose prediabetes.