

Diagnosis of Diabetes / Prediabetes:

	Prediabetes	Diabetes
Fasting Blood Glucose	6.1 – 6.9 mmol/L	7.0 mmol/L or greater
Casual Blood Glucose	7.8 – 11.0 mmol/L	11.1 mmol/L or greater + symptoms of diabetes
2 hour Glucose Level in a 75 gram Oral Glucose Tolerance Test	7.8 – 11.0 mmol/L	11.1 mmol/L or greater

DEFINITIONS

Fasting = no caloric intake for at least 8 hours

Casual = any time of the day, without regard to the interval since the last meal

Classic symptoms of diabetes = polyuria (excessive urination), polydipsia (excessive thirst), polyphagia (excessive hunger), and unexplained weight loss

** A second lab blood test must be done on another day to confirm the diagnosis of diabetes, unless the patient is acutely ill from high blood glucose levels. For prediabetes, one lab blood test is sufficient.

	Adapted from Halton Diabetes Program 2011	