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Diabetes

Diabetes Tests

You'll need to get your blood sugar tested to find out for sure if you have [prediabetes](#) or [type 2 diabetes](#). Testing is simple, and results are usually available quickly.

Tests for Type 1 Diabetes, Type 2 Diabetes, a

Your doctor will have you take one or more of the following blood tests to confirm the dia

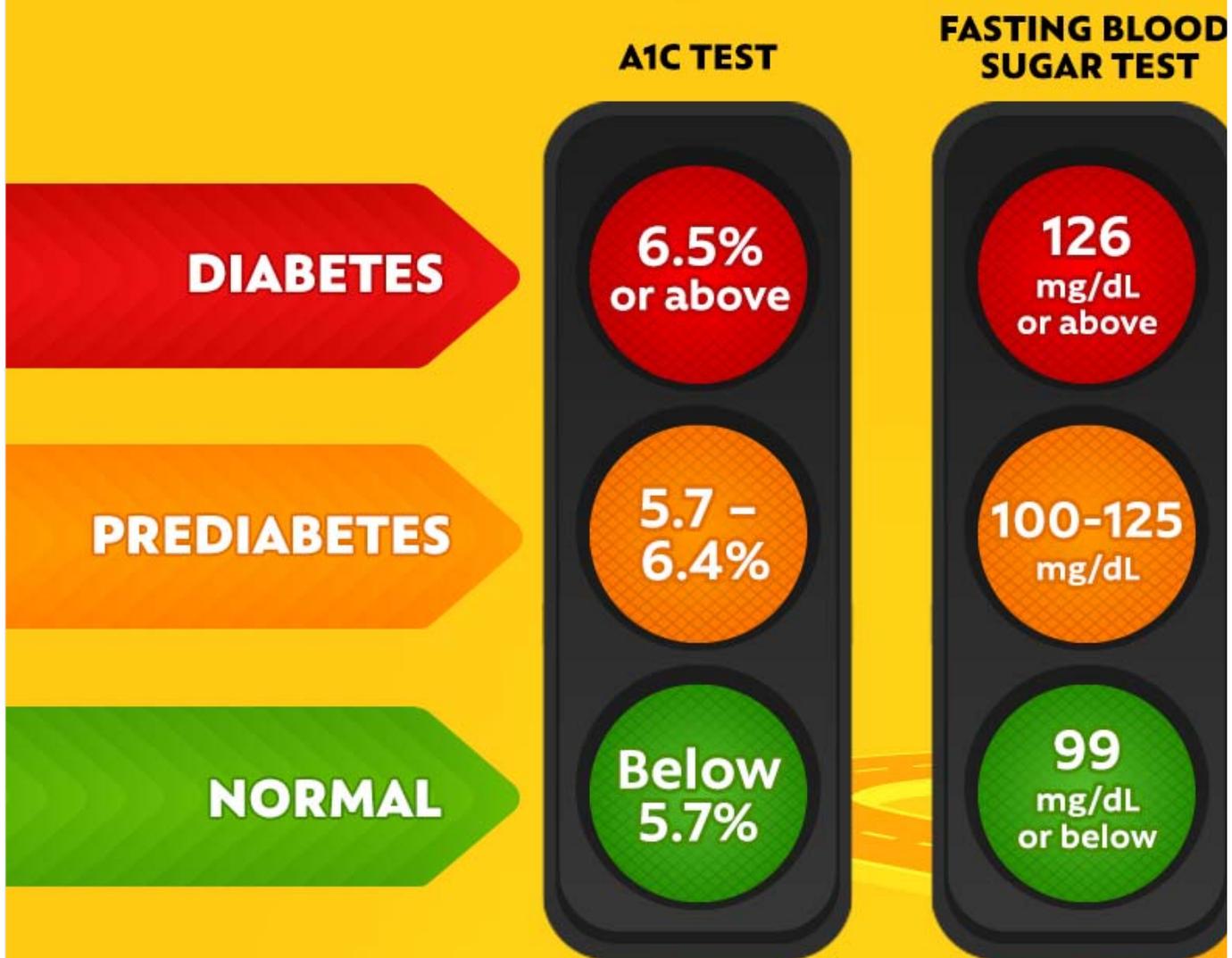
A1C Test

The [A1C test](#) measures your average blood sugar level over the past 2 or 3 months. An A1C between 5.7 and 6.4% indicates you have prediabetes, and 6.5% or higher indicates you h

Fasting Blood Sugar Test

This measures your blood sugar after an overnight fast (not eating). A fasting blood sugar normal, 100 to 125 mg/dL indicates you have prediabetes, and 126 mg/dL or higher indica

THE ROAD TO TYPE 2 D



Source: American Diabetes Association

 [PNG - 255 KB]

Are you on the road to type 2 Diabetes?

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Glucose Tolerance Test

This measures your blood sugar before and after you drink a liquid that contains glucose. Before the test and have your blood drawn to determine your fasting blood sugar level. Then have your blood sugar level checked 1 hour, 2 hours, and possibly 3 hours afterward. At 140 mg/dL or lower is considered normal, 140 to 199 mg/dL indicates you have prediabetes, and 200 mg/dL or higher indicates you have diabetes.

Random Blood Sugar Test

This measures your blood sugar at the time you're tested. You can take this test at any time. A blood sugar level of 200 mg/dL or higher indicates you have diabetes.

Result*	A1C Test	Fasting Blood Sugar Test	Glucose Tolerance Test
Diabetes	6.5% or above	126 mg/dL or above	200 mg/dL or above
Prediabetes	5.7 – 6.4%	100 – 125 mg/dL	140 – 199 mg/dL
Normal	Below 5.7%	99 mg/dL or below	140 mg/dL or below

*Results for gestational diabetes can differ. Ask your health care provider what your results mean if you're being tested.

Source: American Diabetes Association

If your doctor thinks you have type 1 diabetes, your blood may also be tested for autoantibodies (proteins your body is attacking itself) that are often present in type 1 diabetes but not in type 2 diabetes. You may also be tested for ketones (produced when your body burns fat for energy), which also indicate type 1 diabetes.

Tests for Gestational Diabetes

Gestational diabetes is diagnosed using blood tests. You'll probably be tested between 24 and 28 weeks of pregnancy. If your risk is higher for getting gestational diabetes (due to having more risk factors), your doctor may test you earlier. A blood sugar that's higher than normal early in your pregnancy may indicate you have type 2 diabetes rather than gestational diabetes.

Glucose Screening Test

This measures your blood sugar at the time you're tested. You'll drink a liquid that contains glucose. After 1 hour, your blood will be drawn to check your blood sugar level. A normal result is 140 mg/dL or lower. If your result is higher than 140 mg/dL, you'll need to take a glucose tolerance test.

Glucose Tolerance Test

This measures your blood sugar before and after you drink a liquid that contains glucose. Before the test, you'll fast overnight. Then you'll have your blood drawn to determine your fasting blood sugar level. Then you'll drink the glucose liquid and have your blood sugar level checked 1 hour, 2 hours, and possibly 3 hours afterward. Results vary based on the size of the glucose drink and how often your blood sugar is tested. Ask your doctor what your results mean.

Prevent Type 2 Diabetes

If your test results show you have prediabetes, ask your doctor or nurse if there is a lifestyle change program in your community through the CDC-led [National Diabetes Prevention Program](#). You can also join a [lifestyle change program](#). Having prediabetes puts you at greater risk for developing type 2 diabetes. A lifestyle change program can lower your risk by as much as 58% (71% if you're over age 60).

Diabetes Treatment Plan

If your test results show you have type 1, type 2, or gestational diabetes, talk with your doctor about a treatment plan—including [diabetes self-management education and support services](#)—to help you stay as healthy as possible.

Learn More

- [National Diabetes Prevention Program](#)
- [What If You Don't Have a Doctor?](#)
- [Diabetes Articles](#)
- [Infographics](#)
- [Glossary](#)