

# Dr. Dazer

## A Simple Guide to Blood Sugar Tests

If you or someone you know has diabetes, it's important to check blood sugar levels. This guide will help you understand some important tests that doctors use to check blood sugar. We'll keep things simple and explain what the tests are for and what the results mean.

### **1. Fasting Blood Glucose (FBG)**

This test measures how much sugar is in your blood after you haven't eaten for at least 8 hours. It's usually done first thing in the morning.

It shows how much sugar is in your blood when you're not eating.

What the Numbers Mean:

Condition	mg/dl	mmol/l
Normal	70-99	3.9-5.5
Prediabetes	100-125	5.6-6.9
Diabetes	126 or higher	7.0 or higher

### **2. Oral Glucose Tolerance Test (OGTT)**

For this test, you drink a liquid containing glucose, and then your blood sugar is checked every so often over the next two hours.

It helps to see how well your body handles sugar.

What the Numbers Mean:

Condition	mg/dl after 2 hours	mmol/l after 2 hours
Normal	Less than 140	Less than 7.8
Prediabetes	140-199	7.8-11.0
Diabetes	200 or higher	11.1 or higher

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## **3. Glycated Hemoglobin (HbA1c)**

This test checks how much sugar has stuck to your red blood cells over the last 2-3 months.

It shows what your average blood sugar level has been over a longer time.

What the Numbers Mean:

Condition	% HbA1c	mmol/mol
Normal	Less than 5.7	Less than 39
Prediabetes	5.7 - 6.4	39 - 46
Diabetes	6.5 or higher	48 or higher

## **4. Fasting Insulin**

The fasting insulin test checks how much insulin is in your blood after you haven't eaten for about 8 hours. Insulin is a hormone that helps move sugar from your blood into your cells. High insulin levels suggest that you have high insulin resistance. This can show that your body is having trouble managing glucose even before your fasting blood sugar starts going up.

What the Numbers Mean:

Condition	$\mu\text{U/ml}$
Optimal	2-6
Normal	<10
Suggest high insulin resistance	>10

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## 5. C-Peptide Test

This test checks how much insulin your body is making. Insulin is the hormone that helps move sugar into your cells.

It helps doctors figure out if you have type 1 or type 2 diabetes.

What the Numbers Mean:

Condition	ng/ml	pmol/l
Normal	0.5-2.0	165-660
Type 1 Diabetes	Low (often less than 0.5)	Low
Type 2 Diabetes	Normal or High	Normal or High

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