

Testing for diabetes.

Go. Know. Take control.

Because there are no clear symptoms of prediabetes and because type 2 diabetes may have no symptoms early on, it's possible to have prediabetes or diabetes without even knowing it. That's why it's important to get tested if you have any risk factors. If you're not sure if you do, ask your doctor if you should be tested.

The following are diagnostic tests that your doctor might use to test for prediabetes, type 1 or type 2 diabetes.¹

Fasting Plasma Glucose (FPG) test

The FPG blood test measures your blood glucose level at a single point in time. It requires that you fast (not have anything to eat or drink, except water) for at least eight hours before the test.

- **Fasting:** Eight hours
- **Timing:** Best given in the morning

A1C test

The A1C blood test provides average levels of blood glucose over the past two to three months.

- **Fasting:** None
- **Timing:** Can be performed at any time of the day

Random Plasma Glucose (RPG) test

Sometimes doctors use the RPG test to diagnose diabetes when diabetes symptoms are present and they do not want to wait until you have fasted.

- **Fasting:** None
- **Timing:** Can be performed at any time of the day

Oral Glucose Tolerance Test (OGTT)

The OGTT can be used to diagnose prediabetes, type 2 diabetes and gestational diabetes. It may help doctors detect prediabetes and type 2 diabetes better than the FPG test, but it's more expensive.

- **How it works for prediabetes and type 2 diabetes testing.**
Measures blood glucose after you fast for at least eight hours. Blood is drawn two hours after you drink a liquid containing glucose dissolved in water.
- **Fasting:** Eight hours
- **Timing:** Best to schedule in the morning

Blood test levels for diagnosis of diabetes and prediabetes (if you are not pregnant)²

Each test to detect diabetes and prediabetes uses a different measurement. Usually, the same test method needs to be repeated on a second day to diagnose diabetes. Your doctor may also use a second test method to confirm that you have diabetes.

Normal			Prediabetes			Diabetes			
Fasting Plasma Glucose	Oral Glucose Test	A1C	Fasting Plasma Glucose	Oral Glucose Test	A1C	Fasting Plasma Glucose	Oral Glucose Test*	A1C	Random Plasma Glucose
99 mg/dl or below	139 mg/dl or below	Below 5.7%	100–125 mg/dl	140–199 mg/dl	5.7%–6.4%	126 mg/dl or above	200 mg/dl or above	6.5% or above	200 mg/dl or above



Testing For Gestational Diabetes

Gestational diabetes is a type of diabetes that develops only during pregnancy. You will probably be tested for gestational diabetes between weeks 24 and 28 of your pregnancy. If you have a higher chance of getting gestational diabetes, your doctor may test for diabetes during the first visit after you become pregnant.

The following are blood tests that your doctor might use to check for gestational diabetes. You may have one or both of these tests.

Glucose Challenge Screening Test

For this test, you will drink a sugary beverage and have your blood glucose level checked an hour later. If the results are above normal, you may need to have an Oral Glucose Tolerance Test.

- **Fasting:** None
- **Timing:** Can be performed at any time of the day

Oral Glucose Tolerance Test

This blood test measures blood glucose after you fast for at least eight hours before the test. Your fasting blood glucose level will be checked before the test begins. Then you will drink a sugary beverage and your blood glucose levels will be checked every hour for two to three hours.

- **Fasting:** Eight hours
- **Timing:** Best to schedule in the morning



Have questions or concerns about your risk for prediabetes and diabetes?

Talk with your doctor, who can make the appropriate recommendations based on your health history.

Sources:

1. NIH. "Diabetes Tests & Diagnosis." July 2022. <https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis>

2. American Diabetes Association. "Understanding Diabetes Diagnosis." August 2024. <https://diabetes.org/about-diabetes/diagnosis>

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