

**DEPARTMENT OF LABORATORY MEDICINE  
STANDARD OPERATING PROCEDURE**

**Title:** Glucose

**Number:** CH.03.150

**Version:** 1.4

**Release Date:** 24/01/2018

**Canadian Diabetes Risk Guidelines**

Fasting glucose <5.6 mmol/L, A1C <5.5% = Normal

Fasting glucose 5.6 – 6.0 mmol/L, A1C 5.5 – 5.9% = At risk

Fasting glucose 6.1 – 6.9 mmol/L, A1C 6.0 – 6.4% = Do oral glucose tolerance

Fasting glucose >7.0 mmol/L, A1C ≥6.5% = Diabetes

**Glucose Tolerance Test (75g)**

Fasting <6.1, 2 hr 7.8 – 11.0 = Impaired Glucose Tolerance (Prediabetes)

Fasting 6.1 – 6.9, 2 hr <7.8 = Impaired Fasting Glucose (Prediabetes)

Fasting 6.1 – 6.9, 2 hr 7.8 – 11.0 = Impaired Fasting and Tolerance (Prediabetes)

Fasting ≥7.0, 2 hr ≥11.1 = Diabetes

**For diagnosis of gestational diabetes mellitus**

1. Gestational Screen test at 1 hour following 50 g oral glucose:  
If ≥10.3 mmol/L then GDM is diagnosed. No further tests necessary.  
If ≥ 7.8 but ≤10.2, then proceed with the GTT test using 75 glucose load.
2. Gestational Plasma glucose during 75 g oral GTT
  - Fasting ≤ 5.3 mmol/L
  - 1.0 hour ≤ 10.6 mmol/L
  - 2.0 hour ≤ 8.9 mmol/L

(If any two of the results above are abnormal, the diagnosis of GDM is made.)

**Abridged Document  
For Reference Only**