

# Important tests and exams to help manage diabetes

## Blood tests\*

- Before-meal blood sugars: 70–130 mg/dL
- Postmeal (≈2.0 hours) blood sugars: <180 mg/dL
- A1C: <7%
  - Quarterly if treatment changes or not at goal
  - At least 2 times a year if stable at goal
- Lipid profile
  - Yearly
  - LDL (“bad” cholesterol): <100 mg/dL
  - Triglycerides: <150 mg/dL
  - HDL (“good” cholesterol):
    - >40 mg/dL for males
    - >50 mg/dL for females

## Urine tests\*

- Microalbuminuria: <30 µg/mg creatinine
  - Yearly
- Urinalysis
  - Ketones, protein, sediment



## Eye exam\*

- Dilated eye exam
  - Yearly

## Other tests\* (if indicated)

- Thyroid-stimulating hormone
- Electrocardiogram
- Dental exam

## Blood pressure\*

- Blood pressure: <130/80 mmHg each diabetes visit

## Foot exams\*

- Visual exam
  - Each diabetes visit
- Comprehensive foot exam
  - At least yearly (more often in patients with high-risk foot conditions)

\*Individual goals may be different



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