

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 men
 - >50 mg/dL for women

Urine tests*

- Microalbuminuria:
 - <30 µg albumin/mg creatinine
 - Yearly
- Urinalysis
 - Early signs of disease, blood in urine



Eye exam*

- Dilated eye exam
 - Yearly

Other tests* (if indicated)

- Thyroid exam
- Electrocardiogram
- Dental exam

Blood pressure*

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

Foot exams*

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

* Individual goals in patients with diabetes may vary.



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This material was developed by GlaxoSmithKline.