

INTERPRETATION OF LABORATORY TESTS FOR DIABETIC PATIENTS

Check	Test	Details/Indicator	Meaning of lab test		Action if NOT GREEN
Blood sugar	Average blood sugar in the last 3 months	HBA1C in normal kidney function	Less than 7% - Target achieved	≥7%	Check diet and physical activity & medication
		eGFR less than 90 ml/min/1.73 m ² or proteinuria	6.5% to 7.0% Target achieved	≥7%	Check diet, physical activity & medication – tighten control
	FBG	Fast 8-12hrs	4.4-7.2mmol/l Target achieved	>7.2mmol/l	Check diet, physical activity & medication
	2hr PPG	2hrs after a meal	Less than 9mmol/l - Target achieved	≥9mmol/l	Check diet, physical activity & medication
Is the patient's kidney affected?	Urinalysis	Protein	Nil	Any amount	Add dapagliflozin 10mg OD
		Ketones	Nil	Present	Severe diabetes
		Leucocyte esterase & Nitrites	Nil	Any amount	Send for urine c/s Ciprofloxacin 500mg OP BD – 7 days
	eGFR	Male& Females	89-60ml/min/1.73 m ² Less than 60ml/min/1.73 m ²	89-60ml/min/1.73 m ²	Mildly decrease kidney function Add dapagliflozin 10mg OD
				Over 4,1-8 mmol/l	Refer
Does the patient have a high risk of stroke or heart attack?	Lipids	Total Cholesterol	Less than 4.1mmol/l	Over 4,1-8 mmol/l	Liver enzymes now and after 3mo All diabetics over 40years – Atorvastatin 20 mg OD.
				Over 8mmol/l	Refer



Prevention and Treatment of Diabetes and High-blood Pressure