

INTERPRETATION OF LABORATORY TESTS – NON - DIABETICS

Check	Test	Details/Indicator	Meaning of lab test		Action if NOT GREEN
Blood sugar	HBA1C	Average blood sugar in last 3 months	Less than 5.6%	5.7-6.4% Pre-diabetic	Diet and physical activity
				≥6.5% Diabetic	Do RBS for all No symptoms – next day FBG & 2hr PPG Symptomatic - start treatment
	FBG	Fast 8hrs	Less than 5.5mmol/l	5.6-6.9 mmol/l Pre-diabetic	Diet and physical activity
				>7mmol/l Diabetic	Start treatment
	2hr PPG	2hrs after a meal	<7.7mmol/l	7.8-11.0mmol/l Pre-diabetic	Diet and physical activity
				≥11.1mmol/l Diabetic	Start treatment
Is the patient's kidney affected?	Urinalysis	Protein	Nil	Any amount	Change to ACEIs for antihypertensives Persistent after 1 month – refer
		Leucocyte esterase & Nitrites	Nil	Any amount	Send for urine c/s Ciprofloxacin 500mg OP BD – 7 days
	Creatinine	Men	Less than 80 µmol/l	≥80 µmol/l	Calculate eGFR.
		Women	Less than 90µmol/l	≥90µmol/l	
	eGFR	Male& Females	More than 90 ml/min/1.73 m ²	89-60ml/min/1.73 m ²	Mildly decrease kidney function Change antihypertensives to ACEIs.
				Less than 60ml/min/1.73 m ²	Refer if persistent on two consecutive months
Does the patient have a high risk of stroke or heart attack?	Lipids	Total Cholesterol	Less than 5.2mmol/l	5.2-6.2mmol/l	Diet and physical activity
				6.2 to less than 8mmols	Treat. Liver enzymes now & repeat 3 mo
				Over 8mmol/l	Refer



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Prevention and Treatment of Diabetes and High-blood Pressure