

Important tests and exams to help manage diabetes

Blood tests*

- Before meal blood sugars: 90–130 mg/dL
- Post-meal (≈2.0 hrs) 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
 This material has been developed by
 GlaxoSmithKline.