Diagnosing Diabetes Mellitus

1. **Fasting blood glucose level - 8 hours fasting**

   (preferred initial diagnostic method)

   a. Prediabetes

      i. 100 - 125 mg/dL

   b. Diabetes mellitus

      i. $\geq$ 126 mg/dL

2. **Oral Glucose Tolerance Test**

   a. Prediabetes

      i. 140 - 199 mg/dL

   b. Diabetes Mellitus

      i. $\geq$ 200 mg/dL

3. **Random Blood Glucose Levels**

   a. Diabetes mellitus

      i. $\geq$ 200 mg/dL + symptoms (polyuria, polydipsia, polyphagia)

4. **Hemoglobin A1C (Best test to evaluate treatment response over time)**

   a. Prediabetes

      i. 5.7 - 6.4%

   b. Diabetes mellitus (treatment of diabetes focuses on a goal of HbA1C < 7.0%)

      i. $\geq$ 6.5%