

## Reference values for sugar tests

### Blood glucose

Fasting: 5.5 mmol/L or less  
'Random': 7.8 mmol/L or less

### HbA1c (glycosylated haemoglobin)

This is a test of long-term sugar control in the body. It is a more reliable test than blood glucose.

It may be measured in % (DCCT units), or mmol/mol (IFCC standard units)

#### For people without known diabetes:

Normal: less than 6.0%, or less than 42 mmol/mol

Borderline: 6.0 -6.4% or 42-47 mmol/mol

This means you have Pre-diabetes. You can try to avoid developing diabetes with an exercise and diet programme. For details see [www.haringey.gov.uk/social-care-and-health/health/public-health/diabetes-prevention](http://www.haringey.gov.uk/social-care-and-health/health/public-health/diabetes-prevention)

Diabetic: 6.5% and above, or 48 mmol/mol and above

#### For patients with diabetes:

Good control: 7.0% and less, or 53 mmol/mol and less

Moderate control: 7.1-8.0%, or 54-64 mmol/mol

Could be better: 8.1-9.0%, or 65-75 mmol/mol

Poor control: above 9.0%, or above 75 mmol/mol

**Please note:** these numbers are for reference only; they may vary between laboratories in different areas. If you have any doubt please speak to your doctor.