

Patient information

HbA1c Tests

Diabetes and Endocrinology

Tests that you do using your blood glucose meter tell you how your blood glucose level is at the time of testing. However, these readings can vary a great deal over a short period of time.

The benefits of testing are that you can identify high and low blood glucose levels and adjust your treatment to help improve your diabetes control and reduce your risks of hypoglycaemia (low blood glucose levels) and hyper-glycaemia (high blood glucose levels), but the gold standard for monitoring your diabetes control is the HbA1c test.

HbA1c tests are used by your clinic or family doctor (GP) to give a picture of your blood glucose for the previous two or three months.

Everyone should have their HbA1c tested at least once per year, and many have the test twice a year. As the HbA1c test gives a gauge of your control over the past two to three months there is no point testing it more often than this.

HbA1c targets

Different groups of people with diabetes will have different target levels. Reaching target HbA1c can be difficult for some people. For help with reducing your HbA1c contact your Practice Nurse or Diabetes Specialist Nurse.

For most people with diabetes, the HbA1c target is 48 - 58 mmol/mol, since evidence shows that this can reduce the risk of developing diabetic complications, such as nerve damage, eye disease, kidney disease and heart disease.

Individuals at risk of severe hypoglycaemia should aim for an HbA1c of 58 mmol/mol. However, any reduction in HbA1c levels (and therefore, any improvement in control), is still considered to have beneficial effects on the onset and progression of complications.

HbA1c results

HbA1c results were previously given as a percentage. However, the way in which HbA1c results are reported in the UK changed in May 2011. HbA1c is now given in millimoles per mol (mmol/mol) instead of as a percentage (%).

This new way of reporting results will just be a different way of expressing the same thing. For example, the equivalent of the HbA1c target of 6.5 per cent will be 48 mmol/mol. The fact that the number is higher does not mean there is more glucose in your blood.

Generally, the following targets are accepted as good control but your targets may be different to this and should be agreed with your diabetes team. Your targets may also change over time.

6.5% 48 mmol/mol Good control	6.6% - 7.5% 49 – 59mmol/mol May need improvement	Over 7.5% 60 mmol/mol Needs improvement
--	---	--

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

The Diabetes Centre

Tel: 0151 706 2829

Text phone number: 18001 0151 706 2829

NHS 111

Tel: 111

The North West Diabetes UK

First floor

The Boultings

Winwick Street

Warrington

WA2 7TT.

Tel: 01925 653 281

e-mail n.west@diabetes.org.uk

Diabetes UK

10 Parkway

London

NW1 7AA

Website www.diabetes.org.uk

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسه‌ند کراون، نه‌گمر داوا بکرنیت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی دمنگ، هیلی موون و ئه‌لیکترۆنیکی هیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和电子格式，敬請索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhaddo kale, sida luqaddo kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.