



Important health checks – blood glucose levels

Blood Glucose Levels

Glucose is the fuel our body uses for energy, which comes from the food we eat. Keeping your Blood Glucose Levels (BGL) stable throughout our day means that we have sustained energy (avoiding the 3pm crash), think more clearly, manage our weight better and have greater health overall. High glucose levels may mean you are at risk of developing or having Impaired Glucose Tolerance, Impaired Fasting Glucose, Pre-diabetes or even type 2 Diabetes.

So how do I find out my BGL's?

It is an important part of a regular blood test that your GP can do. As with cholesterol, make sure you have the test early in the morning so you can get a fasting reading (ie you won't have eaten for 8-10 hours).

So what should my blood glucose levels be?

It's important to remember that your BGL is very quickly affected by what you eat or drink, so there are different readings for your fasting and your random (non fasting) readings.

Fasting Glucose Level	
Under 5.5mmol/L	Diabetes is unlikely
5.5-6.9mmol/L	Diabetes is possible – possibly sent for OGTT
Over 7.0mmol/L	Diabetes is likely, but sent for OGTT to confirm

OR

Random Glucose level	
Under 5.5 mmol/L	Diabetes is unlikely
Between 5.5 & 11mmol/L	Diabetes is possible – either retest with a fasting blood test or an OGTT

What on earth is an OGTT?

It stands for Oral Glucose Tolerance Test. In this test they make you drink a sugary drink to see just how your system handles it. If it handles it well, you don't have diabetes! If you don't handle it well it tells us that your system is having trouble and you may have pre diabetes or type 2 diabetes. Your GP will tell you more if you need to have the test.