TEST UPDATE

FROM YOUR LABORATORY SERVICES PROVIDER

Revised Guidelines Lower Threshold for Impaired Fasting Glucose

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The November 2003 issue of *Diabetes Care* (Vol. 26, No. 11, pp 3160-3167) published a report from the Expert Committee on the Diagnosis and Classification of Diabetes that included revised guidelines for the condition known as "impaired fasting glucose." The committee reviewed the clinical literature that has been published since its report in 1997 and decided to recommend lowering the cutoff for impaired fasting glucose from 110 mg/dL to 100 mg/dL. All other diabetes guidelines remain the same.

The American Diabetes Association guidelines for diagnostic thresholds for diabetes and lesser degrees of impaired glucose regulation are shown below. Changes are shown in **bold**.

Diagnostic Category	Fasting Plasma Glucose (mg/dL)	2-hr Plasma Glucose (mg/dL)
Normal	65-**99**	< 140
Impaired Fasting Glucose	**100**-125	—
Impaired Glucose Tolerance	—	140-199
Diabetes*	≥ 126	≥ 200

*A diagnosis of diabetes needs to be confirmed by repeat testing on a separate day.

Effective immediately, PAML has revised its glucose reference range to reflect the new guidelines. The new fasting glucose reference range for non-pregnant adults is 65-99 mg/dL.

For a comprehensive Test Update on protocols for the diagnosis of diabetes, go to www.paml.com, click on "Testing," then "Test Updates," and then "Diabetes."

Fast Facts

- **The reference range for impaired fasting glucose is now defined as 100-125 mg/dL.**
- **The new fasting glucose reference range for non-pregnant adults is 65-99 mg/dL.**
- **All other guidelines for diabetes and impaired glucose regulation remain the same.**

For more information, please contact Client Services or see us on the Web at

www.paml.com

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For more information, please contact your local representative.

Test Information

DESCRIPTION **GLUCOSE, FASTING**

METHOD Hexokinase

ORDER CODE GLU

CPT CODE 82947

SPECIMEN 2 mL serum (red top tube) or plasma (gray top tube). Separate serum or plasma from the cells within 30 minutes of collection and put in separate plastic tube. Store and transport refrigerated. Record fasting status of patient. A fasting glucose is the ADA's preferred screening test for diabetes in non-pregnant adults.

COMMENTS *Minimum amount:* 0.3 mL

This test may be used as the recommended screening test for diabetes.

Other acceptable specimens: whole blood (sodium fluoride/oxalate, gray top tube). Stable 24 hours at room temperature. Do not refrigerate whole blood.

Stability: 2 weeks refrigerated if separated from cells within 30 minutes of collection.

SCHEDULE Sunday – Friday nights and STAT.

TURNAROUND 24 hours

RANGES

0-2 days premature	30-80	mg/dL
0-2 days full-term	40-90	
2 days - 1 month	60-105	
Adult	65-99	
Pregnant female	65-94	

ADA Diagnostic Categories for non-pregnant adults:

Impaired fasting glucose: 100-125 mg/dL.

A fasting glucose of 126 mg/dL or greater indicates diabetes if the abnormality is confirmed on a subsequent day.

A random glucose result of GT 200 mg/dL indicates diabetes if the abnormality is confirmed on a subsequent day.

The new ranges will also be reflected in the glucose components of the following tests:

GTOL2	Glucose Tolerance, 2-Hour
GLU.SPECIFIC	Glucose, Specific
CRABAT	Cardiac Risk Assessment Battery
BMPA	Basic Metabolic Profile and Calculations
BMPAC	Basic Metabolic Profile
CHEMRA	Chemistry Reflex
CMPA	Comprehensive Metabolic Panel and Calculations
CMPAC	Comprehensive Metabolic Panel
GHPNA	General Health Panel
GHPNAR	General Health Panel Reflex
GLUINS	Glucose/Insulin Ratio
RENALA	Renal Function Panel
MET-BAT	Creatinine, Glucose, BUN