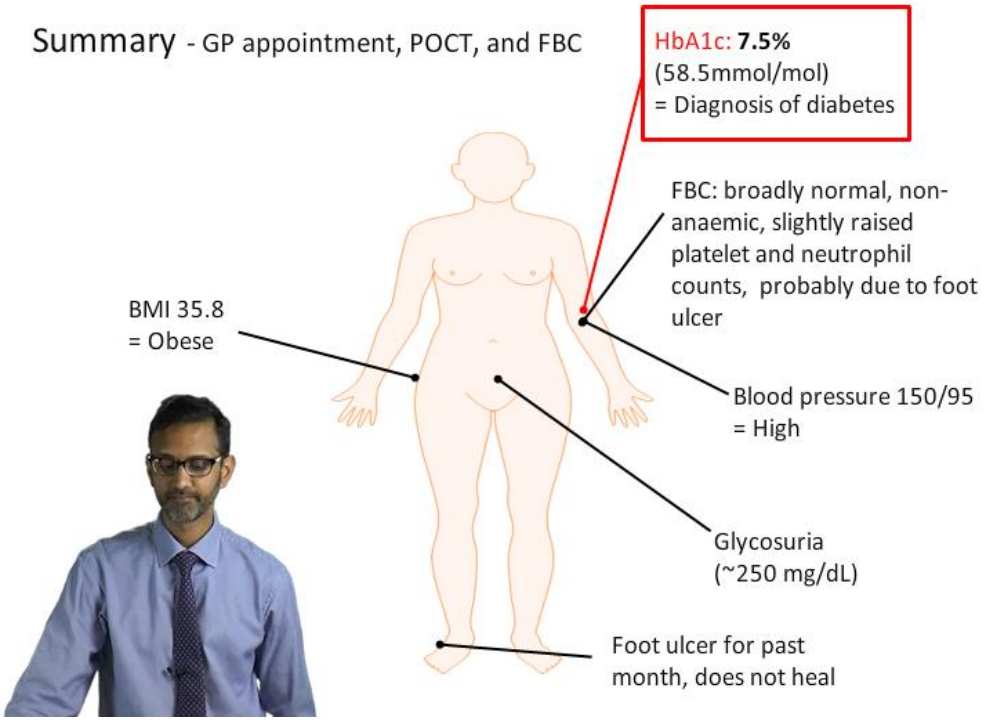
Summary - GP appointment, POCT, and FBC



Fasting blood glucose test (FBG)

Return

- Test sample: venous plasma is required for this test; blood should be collected in a tube containing fluoride oxalate as an inhibitor of glycolysis.
- In whole blood (as opposed to plasma or serum), glycolysis will continue and will reduce the glucose level thus affecting the test result so a plasma sample should be made as soon as possible. EDTA used as an anticoagulant.
- The FBG test is taken using a blood sample obtained following a period of fasting of at least eight hours.
- This fast is often started at midnight, with the blood taken early the next day.
- A fasted glucose level of **>7.0 mmol/L** indicates diabetes.

Oral glucose tolerance test (OGTT)

Return

- This is not used commonly, as it is not usually required to confirm a diagnosis of diabetes
- OGTT is time-consuming, requires specifically trained staff and is less reproducible than the fasting blood glucose test
- The patient fasts from midnight, and then a baseline fasting blood glucose test is taken the next day
- The patient then consumes a drink containing 75g glucose
- 2 hours later their blood glucose is measured again.
- This test measures the function of the pancreas in managing blood glucose levels.
- In a person without diabetes glucose levels rise and fall quickly, as the body produces insulin to lower blood glucose levels. In a person *with* diabetes, there will be a sharp rise and then sustained high levels of glucose. The pancreas is unable to produce the insulin required to lower the levels of glucose in the blood.
- A blood glucose level of **>11.1 mmol/L** taken two hours after the glucose drink indicates diabetes.