

# Laboratory Bulletin

Important News from DCL Medical Laboratories



February 23, 2011

## Detection and diagnosis of diabetes using Hemoglobin A1C

In the latest guidelines and diagnostic criteria for the diagnosis of diabetes published in a supplement to the January 2011 issue of *Diabetes Care* by the American Diabetes Association (ADA) Hemoglobin A1C has been added to the established criteria for the purposes of diagnosis of diabetes.

Prior committees had not recommended the A1C for diagnosis due to a lack of standardization. Hemoglobin A1C assays are now highly standardized (% HbA1c acc. to DCCT/NGSP) and the ADA has now added this test to the standard criteria for the diagnosis of diabetes.

In order to align with current guidelines, DCL will now report the results of Hemoglobin A1C with diagnostic criteria, as well as an estimated average glucose calculation. Specimen collection and test information appear below. If you have any questions, please contact DCL Client Services at (317) 874-1334 or toll free at (866) 874-1334.

### Hemoglobin A1C

**Abbreviation:** Hgb A1C

**DCL Test Code:** 2042

**CPT Code:** 83036

**Reference Range:** 4 - 6%

**Interpretive Statement:**

4-6% Non-diabetic patients

5.7-6.4 Increased risk for developing diabetes

≥ 6.5 Diagnostic criteria for diabetes mellitus

<7 A1C goal for non pregnant adult diabetics

% HbA1c acc. to DCCT/NGSP

Pediatric Diabetic Range:

< 6 years old 7.5-8.5%

6-12 years old <8%

Teens ages 13-19 years old <7.5%

### ADA Criteria for the Diagnosis of Diabetes

A glucose measurement exceeding any of the following criteria would result in a diagnosis of diabetes. Confirmation by repeat testing is recommended for criteria 1 - 3.

**Criteria 1:** A Hemoglobin A1C result  $\geq$  6.5%  
[2042] Hemoglobin A1C

**Criteria 2:** A Fasting Glucose result of  $\geq$  126 mg/dl  
[2040] Glucose Fasting

**Criteria 3:** A 2-hour Glucose result of  $\geq$  200 mg/dl  
[2039] Glucose Tolerance Non-OB

**Criteria 4:** A random plasma glucose of  $\geq$  200 mg/dl in a patient with classic symptoms of hyperglycemia or hyperglycemic crisis  
[2031] Glucose Random

### Specimen Collection for Hemoglobin A1C Testing

**Collection Container:** Lavender-top Tube



**Specimen:** Preferred amount: Full tube of Whole Blood;  
Minimum amount: Half-filled tube of Whole Blood

**Transport Temperature:** 7 days refrigerated