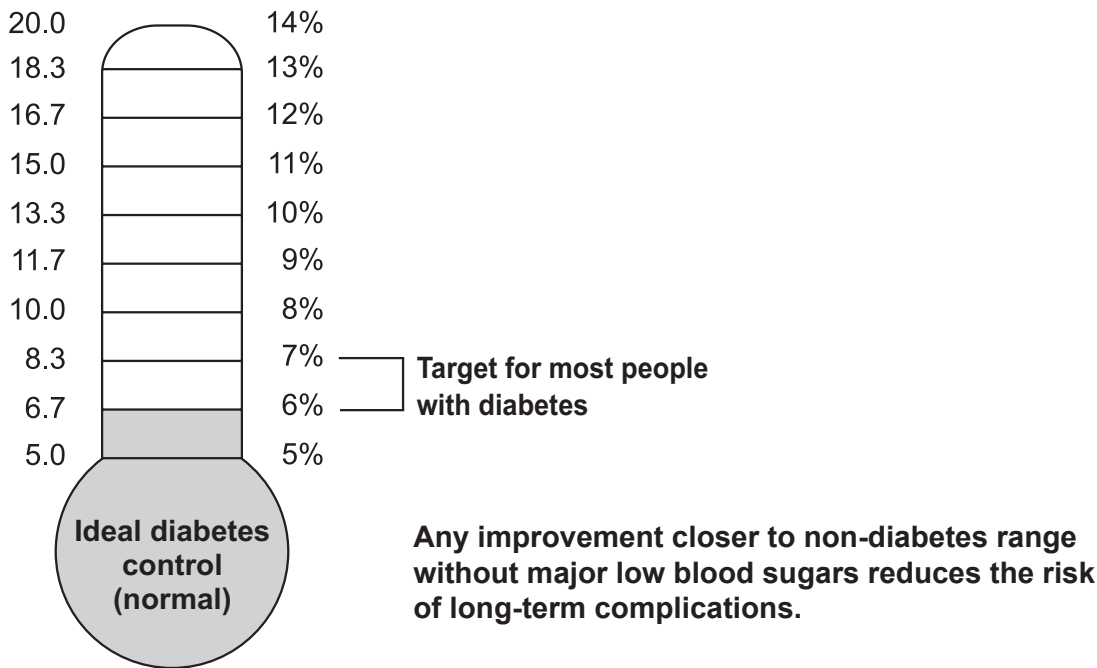


# A<sub>1</sub>C Testing (Adult)

- A<sub>1</sub>C is a blood test that measures your average blood sugar level over the past 2–3 months. It gives you a picture of your overall diabetes control. It is also a predictor of long-term complications.
- A<sub>1</sub>C testing should be done every 3–6 months. If you are on insulin or your blood sugars are not in target, it should be done every 3 months.

**Average blood sugar in mmol/L**



## Recommended Blood Sugar Targets for People with Diabetes\*

	<b>A<sub>1</sub>C</b> (3 month blood sugar average)	<b>Fasting blood sugar/</b> <b>blood sugar before</b> <b>meals (at least 3</b> <b>hours since eating)</b>	<b>Blood sugar 2 hours</b> <b>after eating</b>
<b>Target for most people with diabetes</b>	Less than or equal to 7%	4.0 to 7.0 mmol/L	5.0 to 10.0 mmol/L (5.0 to 8.0 mmol/L if A <sub>1</sub> C targets are not being met)

\*These blood sugar targets are only a guide. Talk to your doctor about the best blood sugar targets for you.

*This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*