



Criteria for the diagnosis of diabetes 2015

Normoglycemia	IFG or IGT	Diabetes
FPG <110 mg/dl	FPG ≥110 and <126 mg/dl (IFG)	FPG ≥126 mg/dl
2-h PG [†] <140 mg/dl	2-h PG [†] ≥140 and <200 mg/dl (IGT)	2-h PG [†] ≥200 mg/dl
		Symptoms of diabetes and casual plasma glucose concentration ≥200 mg/dl

A diagnosis of diabetes must be confirmed, on a subsequent day, by measurement of FPG, 2-h PG, or random plasma glucose (if symptoms are present). The FPG test is greatly preferred because of ease of administration, convenience, acceptability to patients, and lower cost. Fasting is defined as no caloric intake for at least 8 h.

[†]This test requires the use of a glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water. 2-h PG, 2-h postload glucose.