

Blood Glucose Test (Diabetes Screen)

This test is performed to identify the glucose level in your blood to detect if you have low blood glucose (hypoglycemia) or high blood glucose (hyperglycemia), and can determine your risk for diabetes or a pre-diabetic condition.

What is diabetes?

Diabetes is a leading cause of death worldwide, particularly in developed countries. It is estimated that nearly one-third of all people with diabetes in the U.S. are not even aware they have the disease. Diabetes is caused by the body's inability to properly process glucose, a form of sugar found in your bloodstream, into energy.

What are the risk factors for diabetes?

Diabetes risk factors include:

- Obesity
- High blood pressure
- Low HDL
- Family history
- High triglycerides
- Gestational diabetes during pregnancy
- High-risk ethnicity
- High cholesterol

What are the symptoms of hyperglycemia?

A person with high blood glucose may exhibit one or more of the following symptoms:

- Increased thirst
- Fatigue
- Blurred vision
- Slow-healing wounds or infections

What are the symptoms of hypoglycemia?

A person with low blood glucose may exhibit one or more of the following symptoms:

- Sweating
- Hunger
- Trembling
- Anxiety
- Confusion
- Blurred vision

What should I do if the results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate course of action.

If your results were high: Abnormally high results may indicate that you have impaired fasting glucose (pre-diabetes) or diabetes.

If your results were low range: Abnormally low results can indicate hypoglycemia. As with any abnormal results, it's important that you discuss their implications with your healthcare provider.

What other resources are available to learn more about my health and laboratory tests?

- American Diabetes Association: diabetes.org
- Lab Tests Online: labtestsonline.org

FASTING REQUIRED

Fasting is required for a blood glucose test. Please DO NOT eat or drink anything except water for 8-12 hours before your test. DO NOT stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your healthcare provider before fasting.

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.



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