

Date: June 27, 2011

To: South Zone - West
Physicians & Physician Offices, South Zone West Labs/Collection Sites,
All Clinics, Nursing Unit Managers

From: AHS Laboratory Services – South Zone (West)
Dr. B. Popma, Zone Clinical Department Head (Co-Lead), Laboratory South Zone
Dr. R. MacKay, Pathologist Laboratory South Zone

Re: LB-11-11 GLUCOSE TOLERANCE TESTING – LOWER FASTING LIMIT
REVISED JUNE 27, 2011

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Messages:

Effective April 25, 2011, a lower fasting plasma glucose limit of less than or equal to 7.0 mmol/L will be implemented. This will align South Zone West laboratories with the current practice guidelines and other laboratories in AHS.

Physicians will no longer be contacted via phone if a patient is unable to receive a glucose tolerance drink. Instead, the lab will be sending a lab report to notify the physicians of this occurrence.

Why this is important:

The Canadian Diabetic Association 2008 Clinical Practice Guidelines S10 states:

“A fasting plasma glucose (FPG) level of 7.0 mmol/L correlates most closely with a 2-hour plasma glucose value of \approx 11.1 mmol/L in a 75-g oral glucose tolerance test and best predicts the development of microvascular disease. This permits the diagnosis of diabetes to be made on the basis of the commonly available FPG test.”

The AHS South Zone West Laboratory previously would proceed with a Standard Glucose Tolerance Test if the patients fasting blood sugar was less than or equal to 8.0 mmol/L. Based on the above recommendation, this limit will be lowered to less than or equal to 7.0 mmol/L.

Gestational Glucose Tolerance limit will also be lowered from less than or equal to 8.0 mmol/L to less than or equal to 7.8 mmol/L. (Please note there was a typographical error in the original bulletin. It read 7.0 mmol/L; it should read **7.8 mmol/L**)

Inquiries and feedback may be directed to:

Dr. Popma, Zone Clinical Dept. Head (Co-Lead) Laboratory South Zone at 403-388-6453

This bulletin has been reviewed and approved by:

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