Section 3

DIAGNOSTIC CRITERIA

3.1 Indications of Person with Diabetes

- Symptoms of diabetes plus casual plasma glucose of ≥ 200 mg/dl
- Fasting plasma glucose ≥126 mg/dl
- 2 hour post 75 g glucose ≥ 200 mg/dl

Any one positive test should be confirmed with another test subsequently

3.2 Criteria for the diagnosis of Diabetes & Glucose Intolerance

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

IFG - Impaired Fasting Glucose
IGT - Impaired Glucose tolerance
FPG - Fasting Plasma Glucose
2-h PG-2 hour post load Glucose test (oral glucose tolerance test) plasma glucose.

3.3 Oral Glucose Tolerance Test

- Person to be tested should be on a normal diet for at least 3 days before the test.
- The test should be done after an overnight fast of 8-10 hours and comprises of two blood samples: fasting and 2 hours after glucose load.
- Following the collection of the fasting blood sample for analysis of plasma glucose, the individual should be administered 75g of glucose dissolved in 250 ml of water. The glucose load should be drunk within a period of 5 minutes.

- The second and last sample should be collected 2 hours after the glucose load. The subject should be resting and refrain from smoking in between the two sample collections.

3.4 Criteria for Retesting for Diabetes in Asymptomatic High Risk Individuals

- Undiagnosed high risk persons with normal test - re-test yearly or at least once in 2 years.
- Impaired fasting glucose, impaired glucose tolerance.

3.5 Testing for Type 2 Diabetes in Children and Adolescents

Overweight (weight>120% of ideal body weight) plus any of the following risk factors:

- Family history of type 2 diabetes in first-or second-degree relative.
- Signs of insulin resistance or conditions associated with insulin resistance (Acanthosis nigricans, hypertension, dyslipidemia or PCOS).