

GLUCOSE (plasma)

Description	A test to screen for, diagnose, and monitor diabetes, and hypoglycaemia
Indication	Hyperglycaemia (diabetes mellitus, steroid therapy, endocrine disorders). Hypoglycaemia (hyperinsulinism, endocrine disorders, alcoholism). The great majority of cases of hypoglycaemia are due to insulin therapy in insulin dependent diabetics. Oral hypoglycaemic agents and excessive exercise without an increased intake of food are other causes of hypoglycaemia in known diabetics.
Additional Info	Glucose is the most important source of energy for most tissues and maintenance of the plasma glucose level is essential for nervous tissue function.
Concurrent Tests	Plasma ketones, plasma insulin and c-peptide. HbA1c
Dietary Requirements	Fasting or non-fasting
Interpretation	Normal fasting glucose: 3.5 - 6.0 mmol/L HYPOGLYCAEMIA: <2.5 mmol/L HYPERGYLCAEMIA: Symptomatic patients with a random venous glucose ≥ 11.1 mmol/L or a fasting venous glucose ≥ 7.0 mmol/L with symptoms is indicative of diabetes mellitus. If no symptoms are present a repeat is needed to confirm.
Collection Conditions	N/A
Frequency of testing	As required.