

Hemoglobin A1c

(Blood Sugar Test)



What is the hemoglobin A1c (he-ma-glow-bin A-one-C) test?

- It is a blood test that shows how well you have controlled your blood sugar over the past two to three months.
- Your doctor collects a small sample of blood from your arm in a tube and sends it out to be tested.
- The test results will tell if your blood sugar level is close to normal or if it is high.
- The results give your doctor and you a good idea of how well your diabetes treatment plan has been working.

What should I know about my test results?

- A good hemoglobin A1c level for people with diabetes is less than 7 percent.
- Ask your doctor for your test results each time the test is done.
- Record your test results in a special place.
- Compare your test results each time to help you understand how well you are doing.
- Talk to your doctor, nurse, and dietitian about setting goals for a hemoglobin A1c level that is good for you.

How often should I have this test?

- Ask your doctor for a hemoglobin A1c test at least twice a year.
- If your blood sugar stays high or if you take insulin, you should get the test every three months.

What can I do if my hemoglobin A1c is higher than 7 percent?

- Talk to your doctor, nurse, and dietitian.
- Your meal plan, medication, and exercise plan can be changed to help lower your level.

What other health care staff need to know that I have diabetes?

- Foot doctor
- Eye doctor
- Dentist
- All health care professionals who may treat you for unexpected illnesses or accidents.

How To Compare HbA1c vs. Blood Sugar

