DR ZAIDI EXPLAINS

A1C and fasting glucose

Your appointment checklist

Bring your reports. Record the dates. Leave with a follow-up plan.

Name: _____ Appointment date: _____

1 YOUR RESULTS

A1C: _____ % Test date: _____ Previous A1C/date: _____

Fasting glucose: _____ Units: _____ Test date: _____

Fasted? Yes / No / Unsure Hours: _____ Lab / Home meter / Sensor

2 BRING OR DISCUSS

- ☐ Current and previous laboratory reports, including units and reference ranges.
- ☐ Home glucose records with dates, times, and meal timing, if available.
- ☐ Medicines, supplements, and recent changes, including steroid treatment.
- ☐ Recent illness, surgery, blood donation, bleeding, or transfusion.
- ☐ Known anemia or hemoglobin traits; pregnancy status, if applicable.
- ☐ Symptoms, when they started, and any unexplained weight change.

3 QUESTIONS FOR YOUR CLINICIAN

Which result needs confirmation? Could anything affect my A1C accuracy?

Which test would clarify the difference, and how should I prepare?

When should I follow up? Which symptoms mean I should seek care sooner?

4 MY FOLLOW-UP PLAN

Tests or next steps: _____

Preparation / instructions: _____

Follow-up date / contact: _____

A normal fasting result does not automatically rule out diabetes.

This worksheet helps you prepare for an appointment. It does not diagnose a condition.

Keep completed copies private. Source: NIDDK, The A1C Test & Diabetes.