

# Diagnosis of Diabetes Mellitus

Patrick Ball\*

*Department of Diabetes and Endocrinology, Kingston Hospital, Edinburg, UK*

\*Corresponding author: Patrick Ball, Department of Diabetes and Endocrinology, Kingston Hospital, Edinburg, UK, E-mail: patrickball2@gmail.com

**Received date:** July 20, 2021; **Accepted date:** August 03, 2021; **Published date:** August 10, 2021

**Citation:** Ball P (2021) Diagnosis of Diabetes Mellitus. J Clin Diabetes 5: 121.

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## About the Study

Diabetes can be diagnosed based on individual response to oral glucose load, the Oral Glucose Tolerance Test (OGTT). The subject should have been taking carbohydrate-rich diet for at least 3 days before the test. All the drugs which are known to overtake carbohydrate metabolism should be discontinued for a minimum of 2 days. The subjected person should avoid intense workout on the previous day of the test. He/she should be in an overnight fasting state (at least 10 hours) otherwise called as intermittent fasting. During the course of Glucose Tolerance Test (GTT) the person should be comfortably seated and should abstain from smoking and exercise.

Glucose tolerance test should be conducted preferably in the morning (ideal time 9 AM to 11 AM). A fasting blood sample is taken and urine is collected. The subjected person is administered with 75 g glucose orally which is dissolved in about 300 ml of water, to be drunk in about 5 minutes. Blood and urine samples are collected at 30 minutes intervals for at least 2 hours. All blood samples are subjected to glucose estimation while urine samples are qualitatively tested for glucose. The fasting plasma glucose level in 75-110 mg/dl or 126 mg/dl or above is diagnostic of diabetes mellitus. The 2-hour OGTT value of 200 mg/dl or above is diagnostic of diabetes mellitus. The 2-hour OGTT value of 140-199 mg/dl is diagnostic of impaired glucose tolerance. The 2-hour OGTT value of 100-139 mg/dl is diagnostic of normal glucose tolerance.

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