



Oxford University Hospitals
NHS Foundation Trust

Oxfordshire Children's Diabetes Service
Children's Hospital, Oxford
Horton General Hospital, Banbury

What does your HbA1c mean?



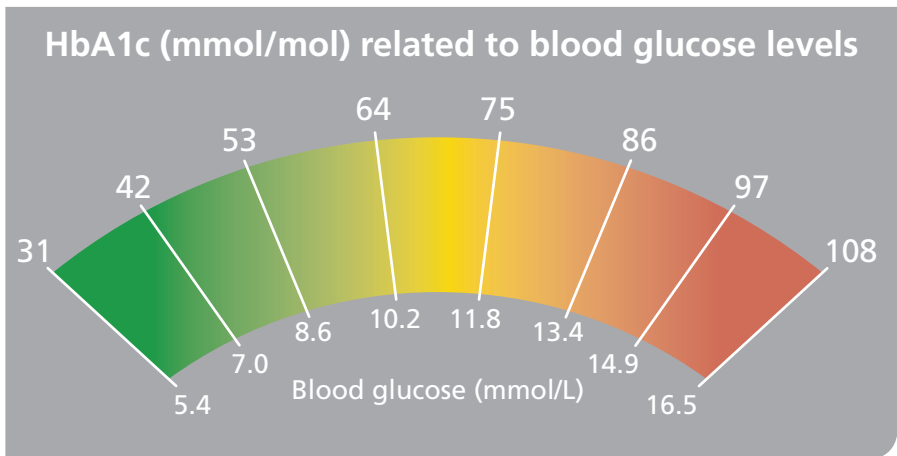
HbA1c is the name given to the finger prick blood check that you do each time you come to clinic. This will tell you what your blood glucose has been over the past 2 to 3 months. When you have diabetes it is important that this is done regularly, as it provides more information to help us know how to help you.

How does it work?

Haemoglobin is part of a red blood cell and carries oxygen to all the cells in the body. During the life of a red blood cell (8-12 weeks) glucose that is in the blood sticks to the haemoglobin.

Your red blood cells are slowly being replaced by new red blood cells all the time. The HbA1c shows how much glucose has been flowing in the blood stream on average for the past 8-12 weeks.

The link between blood glucose numbers and your HbA1c number is shown here:



HbA1c is an important number (like blood glucose numbers), as it helps you, and us, work out what is happening with your diabetes and whether any changes need to be made.

The lower your HbA1c the less likely you are to have problems from your diabetes when you are older.

Targets for HbA1c levels are shown in the table below:

HbA1c value (mmol/mol)	
48	Target value
48 to 54	On track and only small changes needed
55 to 64	Higher than ideal ; diabetes complication risk increases above 55mmol/mol, so changes need to be made
65 to 79	Some action needed immediately – speak to your Diabetes Specialist Nurse regularly, at least once a month
80 to 99	Worrying – needs immediate action, frequent review and may need hospital admission
100 or more	Very worrying – hospital admission needed to get back on track again

If you have any questions, please contact a Diabetes Specialist Nurse (see contact sheet for telephone numbers).

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)



Author: Paediatric Diabetes Team
March 2019
Review: March 2022
Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

