Diagnostic Criteria for Diabetes Mellitus, Impaired Glucose Tolerance, and Gestational Diabetes

Nonpregnant Adults
Criteria for Diabetes Mellitus
Diagnosis of diabetes mellitus in nonpregnant adults should be restricted to those who have 1 of the following:
1. A random plasma glucose level of ≥200 mg/dL plus classic signs and symptoms of diabetes mellitus including polydipsia, polyuria, polyphagia, and weight loss.
2. A fasting plasma glucose level of ≥140 on at least 2 occasions.
3. A fasting plasma glucose level of <140 mg/dL plus sustained elevated plasma glucose levels during at least 2 oral glucose tolerance tests. The 2-hour specimen and at least 1 other between 0 and 2 hours after the 75 g glucose dose should be ≥200 mg/dL. Oral glucose tolerance testing is not necessary if the patient has fasting plasma glucose level of ≥140 mg/dL.

Criteria for Impaired Glucose Tolerance
Diagnosis of impaired glucose tolerance in nonpregnant adults should be restricted to those who have all of the following:
1. A fasting plasma glucose of <140 mg/dL.
2. A 2-hour oral glucose tolerance test plasma glucose level between 140 and 200 mg/dL.
3. An intervening oral glucose tolerance test plasma glucose value of ≥200 mg/dL.

Pregnant Females
Criteria for Gestational Diabetes
Following an oral glucose load of 100 g, the diagnosis of gestational diabetes may be made if 2 plasma glucose values equal or exceed the following:

<table>
<thead>
<tr>
<th></th>
<th>Fasting</th>
<th>1 Hour</th>
<th>2 Hours</th>
<th>3 Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>105 mg/dL</td>
<td>190 mg/dL</td>
<td>165 mg/dL</td>
<td>145 mg/dL</td>
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</tbody>
</table>

Children
Criteria for Diabetes Mellitus
Diagnosis of diabetes mellitus in children should be restricted to those who have 1 of the following:
1. A random plasma glucose level of ≥200 mg/dL plus classic signs and symptoms of diabetes mellitus, including ketonuria, polydipsia, polyuria, and rapid weight loss.
2. A fasting plasma glucose level of ≥140 mg/dL on at least 2 occasions and sustained elevated plasma glucose levels during at least 2 oral glucose tolerance tests. Both the 2-hour plasma glucose and at least 1 other between 0 and 2 hours after the glucose dose (1.75 g/kg ideal body weight up to 75 g) should be ≥200 mg/dL.

Criteria for Impaired Glucose Tolerance
Diagnosis of impaired glucose tolerance in children should be restricted to those who have both of the following:
1. A fasting plasma glucose of <140 mg/dL.
2. A 2-hour oral glucose tolerance test plasma glucose level >140 mg/dL.