

Glycemic Targets



Most non-pregnant adults	
A1C target	<7%
Preprandial glucose	80–130 mg/dL
Peak postprandial glucose	<180 mg/dL

Consider less stringent A1C goals (such as <8%)
Hypoglycemia/hypoglycemia unawareness
Reduced life expectancy
Older age
Increased risk or frequency of hyperglycemia
Established vascular complications
Multiple comorbidities
Patient preference
Lack of resources/support systems

Preprandial glucose measurement should be made before food

Post prandial glucose measurements should be made 1–2 hours after the beginning of a meal