

## **Cystic Fibrosis (CF) Glucose Tests: Understanding the Results**

The oral glucose tolerance test is done to find out how your body handles glucose (sugar). If the body does not use glucose like it should, it can cause diabetes. Untreated diabetes can make CF worse. It can worsen lung function and cause weight loss.

This chart will help you understand your test results. It will also tell you if you need to do anything different and when to have the glucose test again.

<b>Test</b>	<b>If your blood glucose is:</b>	<b>This is:</b>	<b>What you need to do:</b>
Fasting blood glucose	Less than 100 mg/dl	Normal	Do the test again in one year.
	100 to 125 mg/dl	Impaired Fasting Glucose	Do the test again in one year or sooner if you show signs of diabetes.* The CF team will watch this more closely.
	126 mg/dl or higher	CF Related Diabetes	Start blood glucose testing and see a diabetes doctor. You have CF Related Diabetes. You do not have to do the test again.
1 hour glucose	Less than 200 mg/dl	Normal	Do the test again in one year.
	Greater than 200 mg/dl	Indeterminate Glycemia	Do the test again in one year or sooner if you show signs of diabetes.* The CF team will watch this more closely.
2 hour glucose	Less than 140 mg/dl	Normal	Do the test again in one year.
	140 to 200 mg/dl	Impaired Glucose Tolerance	Do the test again in one year or sooner if you show signs of diabetes.* The CF team will watch this more closely.
	Higher than 200 mg/dl	CF Related Diabetes	Start blood glucose testing and see a diabetes doctor. You have CF Related Diabetes. You do not have to do the test again.

\* Know the signs of diabetes and watch for them. These signs often show up when you have a lung infection:

- Urinating (peeing) often.
- Being more thirsty than normal.
- Being more tired than normal.
- Losing weight that you can't explain.
- Decreased of lung function.

**ALERT:** Call the CF team if you have any concerns or if your child has:

- Any diabetes symptoms as mentioned above.
- Special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**