

# HbA1c

Your HbA1c gives an idea of what your average blood glucose has been like over the last 2-3 months. It shows whether your glucose levels have been running mostly in range, or if they have been on the high side. The test is sometimes called haemoglobin A1c or just A1c.



## What happens in the clinic?



You will visit the clinic nurse who will check your HbA1c using either a single drop of blood and getting the results the same day or it may be checked with your other blood test and sent off to the lab.

The recommended target to aim for is less than 48mmol/mol.

**48**  
mmol/L

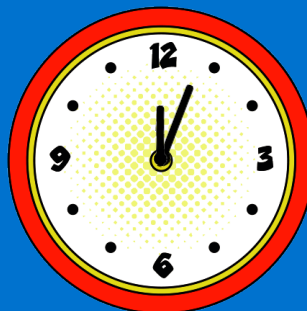
Keeping an HbA1c close to the target of 48mmol/mol reduces the risk of future health problems from diabetes.



Of course, hitting a target number isn't always easy, especially when your body is growing and changing. Don't worry if you don't get the results you were expecting. Instead, work with your diabetes team to come up with a plan to help reduce the number next time.



Remember, everyone is different and your diabetes team may give you an individual target level that takes into account your current level and when your next check is.



You may get the results of your HbA1c check on the same day, or soon afterwards. Your diabetes team will advise you if you need support to further manage your glucose levels.