VITALS VAULT

FREE GUIDE

Which blood sugar test answers which question

No single test shows the whole picture. Each one looks at a different time window, and each can be thrown off by something different.

THE MAP

Test	What it shows	Time window	What can fool it
Fasting glucose	Sugar at the moment of the draw	One morning	Poor sleep, illness, stress. It varies day to day
A1C	Sugar attached to red blood cells	About 3 months	Anemia, blood loss, kidney disease, pregnancy
Fructosamine	Sugar attached to blood proteins	2 to 4 weeks	Unusual blood protein levels
1,5-AG	After-meal spikes above roughly 160 to 180	Days to weeks	Kidney or liver disease, very low-carb eating, some diabetes drugs
2-hour glucose after a sugar drink	How well you clear a sugar load	Two hours	Recent diet, illness, how the test is run
Fasting insulin	How hard the body works to hold glucose steady	One morning	Lab methods differ and there is no single agreed cut-off

QUESTIONS TO ASK

- [ ] Which of these have I had, and when?
- [ ] If two of my results disagree, what explains it?
- [ ] Would a test that shows after-meal sugar add anything for me?

Sources: Selvin 2018, Clinical Chemistry. Bergman 2020, Diabetes Research and Clinical Practice.

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