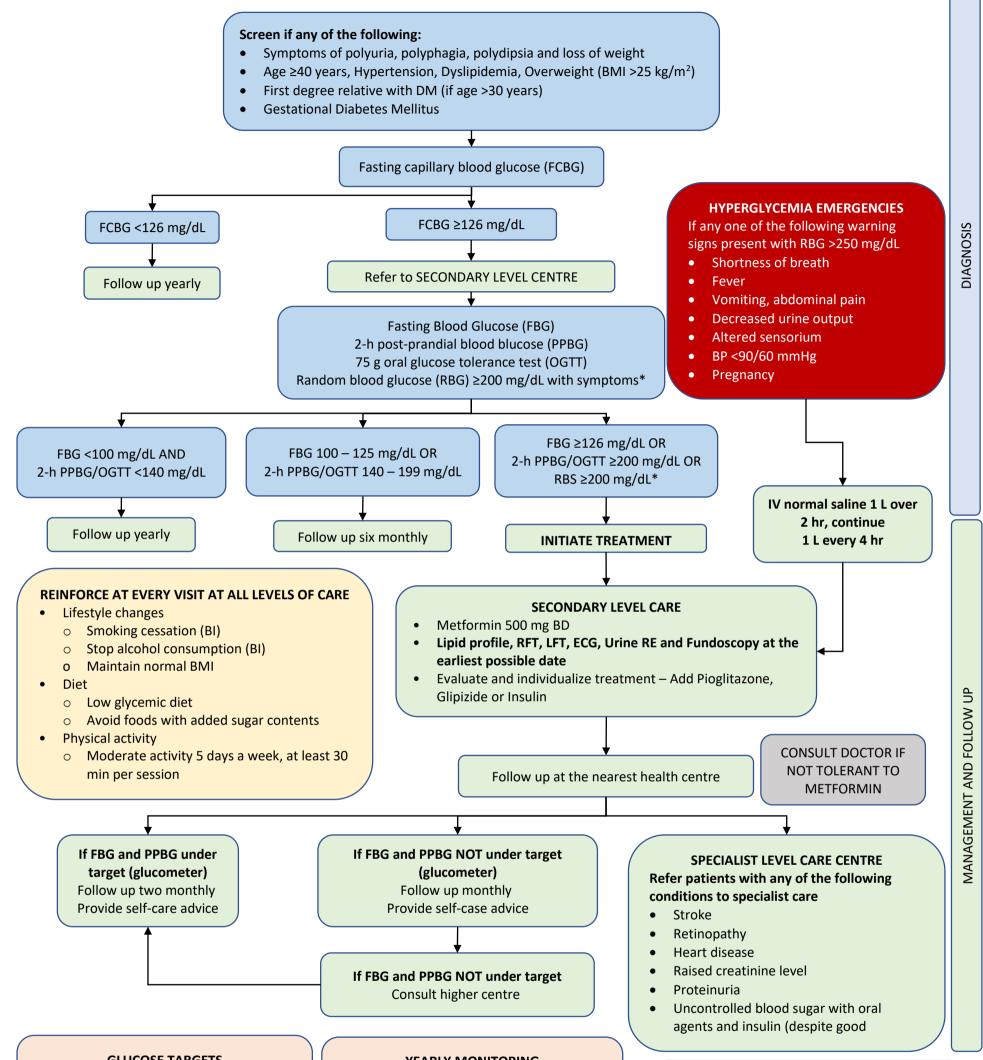
DIABETES MELLITUS SCREENING & MANAGEMENT PROTOCOL, V3.5 (15 January 2025)



GLUCOSE TARGETS

- Target FBG: 80 130 mg/dL
- Target PPBG: 140 180 mg/dL
- HbA1c <7.0%

YEARLY MONITORING

- FBG, PPBG if had been on glucometer monitoring
- ECG, urine albumin, fundoscopy

HYPOGLYCEMIA EMERGENCIES

- Dizziness, sweating, hunger, convulsion, altered behaviour, loss of consciousness
- Check blood glucose If severe hypoglycemia <70 mg/dL, administer of Dextrose 25% till the glucose normalizes.
- Give 1 2 teaspoons of sugar, chocolates if conscious
- CONSULT the nearest secondary level care hospital

PROCEDURE FOR GLUCOSE TESTS

- For FBG: No food/drinks for 8 10 h or antidiabetics before sampling
- For OGTT: Take 75 g glucose in a glass of water
 → Wait for 2 h → Draw sample
- For PPBG: Take oral medicines → Eat usual breakfast → Wait for 2 h → Draw sample
- If Insulin ± oral medicines: Take insulin ± medicines → Wait 30 min → Eat usual breakfast → Wait for 2-h→ Draw the sample

*If RBS ≥200 mg/dL with no symptoms, perform FBG and PPBG

BD = twice a day; BI = brief intervention; BMI = body mass index; BP = blood pressure; CXR = chest x-ray; DM = diabetes mellitus; FBG = fasting blood glucose;

PPBG = 2-h postprandial blood glucose; RBG = random blood glucose