# **Glucose (Fasting) (GLUF)**

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18 October 2025 15:55



## **TEST OVERVIEW**

**Test Name** 

**Test Code** GLUF

**Short Description** Glucose (Fasting)

## **OVERVIEW**

**Test Name** Glucose (Fasting)

GLUF **Test Code** 

Category Biochemistry

TAT Main Lab: 2 Hour(s) Family Site: <2hrs

Glucose (Fasting)

Specimen(s) 1 x Venous blood - 5 mL Tube - Grey - Sodium Fluoride Plasma

# SPECIMEN(S)

## **Sodium Fluoride Plasma**

Specimen Type Sodium Fluoride Plasma

**Specimen Format** Tube Specimen Colour Grey Specimen Volume 5 mL Sampling Order 5

Origin Venous blood

Collection time after baseline

15-25°C **Transport Temperature** 

**Accepted Other Specimens** SST-Serum Separator Tube

Lithium Heparin Plasma

Sodium Heparin Plasma

TAT Main Lab: 2 Hour(s)

Family Site: <2hrs

**Test Stability** Room Temp: 2 Day(s)

2-8°C: 7 Day(s)

#### **CLINICAL INFORMATION**

## **Glucose (Fasting)**

Methodology Hexokinase

Specimen Type Sodium Fluoride Plasma

Delay before pre-treatment 6

Transport Temperature 15-25°C

Transport Stability at room temp 2 Day

Transport Stability at 2–8°C 7 Day

Haemolysis interference

## **Glucose-Fasting**

Methodology GOD-POD

Specimen Type Sodium Fluoride Plasma

Delay before pre-treatment 6

Transport Temperature 15-25°C

Transport Stability at room temp 2 Day

Transport Stability at 2–8°C 7 Day

Haemolysis interference

#### **Clinical Interest**

Glucose assays in blood are of significant clinical interest for diagnosing, monitoring, and managing various conditions, particularly diabetes mellitus.

Fasting Plasma Glucose (FPG) measures blood glucose after an overnight fast. An FPG level of 126 mg/dL (7.0 mmol/L) or higher on two separate occasions indicates diabetes.

Oral Glucose Tolerance Test (OGTT) measures blood glucose two hours after ingesting a glucose-rich drink. A two-hour plasma glucose level of 200 mg/dL (11.1 mmol/L) or higher indicates diabetes.

Random Plasma Glucose Test measures blood glucose at any time of day without fasting. A random glucose level of 200 mg/dL (11.1 mmol/L) or higher, along with symptoms of hyperglycemia, suggests diabetes. Regular monitoring of blood glucose levels is critical for managing diabetes.

Maintaining blood glucose levels within target ranges helps reduce the risk of diabetes-related complications such as Retinopathy, nephropathy, neuropathy, cardiovascular diseases, including heart attacks and strokes. Blood glucose assays are crucial for detecting hypoglycemia (low blood sugar), which can cause symptoms like shakiness, confusion, and in severe cases, seizures or loss of consciousness.

Pregnant women are screened for gestational diabetes using blood glucose assays;

Glucose Challenge Test (GCT): A preliminary screening test where blood glucose is measured one hour after consuming a glucose solution.

Oral Glucose Tolerance Test (OGTT): A follow-up diagnostic test if the GCT results are abnormal.

# **PATIENT INFORMATION**

**Clinical Information Required** 

Fasting patient

**Patient Collection Notes** 

Fasting for at least 8 hours, you can drink water.

# **COMMENTS & NOTES**

LOINC Code

58-6, 1558-6

Outwork

