

Diabetes Reference Guide

DFM Reviews — Free NP Board Review Resource

Diagnostic Criteria

Test	Normal	Prediabetes	Diabetes
FPG	<100 mg/dL	100-125	≥126
A1C	<5.7%	5.7-6.4%	≥6.5%
OGTT (2hr)	<140	140-199	≥200
Random glucose	—	—	≥200 + symptoms

Oral Medications

Class	Example	Key Points
Biguanide	Metformin	First-line T2DM; hold if eGFR <30; lactic acidosis risk
Sulfonylurea	Glipizide, Glyburide	Hypoglycemia risk; weight gain
SGLT2 Inhibitor	Empagliflozin, Dapagliflozin	Cardio/renal protective; UTI/yeast infection risk
GLP-1 Agonist	Semaglutide, Liraglutide	Weight loss; CV benefit; GI side effects
DPP-4 Inhibitor	Sitagliptin, Linagliptin	Weight neutral; well-tolerated
TZD	Pioglitazone	Fluid retention; avoid in HF

A1C Goals

- **Most adults:** <7% (ADA recommendation)
- **Elderly/comorbidities:** <8% (less stringent)
- **Pregnancy:** <6.0-6.5% (stricter)
- **Recently diagnosed, no CVD:** <6.5% (consider)

