

## Glycemic Recommendations (Non-pregnant adults)

Adapted from How Sweet It Is! Management of Diabetes: Diabetes Disease State Management

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Parameter	Target
A1c	< 7.0%*
Preprandial capillary plasma glucose	80-130 mg/dl*
Peak postprandial capillary plasma glucose	< 180 mg/dl*

### Goal adjustment:

- More or less stringent glycemic goals may be appropriate for individual patients.
- Goals should be individualized based on duration of diabetes, age/life expectancy, comorbid conditions, known CVD or advanced microvascular complications, hypoglycemia unawareness, and individual patient considerations.
- Postprandial glucose may be targeted if A1c goals are not met despite reaching preprandial glucose goals
- Postprandial glucose measurements should be made 1-2 h after the beginning of the meal, generally peak levels in patients with diabetes.

### Resources:

- Diabetes Care 2018;41(Suppl. 1):S55–S64.