

PATIENT A1C SELF-REPORT FORM

Patient Name: _____ Date of Birth: _____

Patient's Endocrinologist: _____

Reporting Parent/Guardian's Name: _____

This patient's A1C was measured using the A1CNow+® SELF-CHECK kit on _____
and found to be _____% (if the result is ">13", enter "13.1").

This A1C level corresponds to an average blood glucose of _____ mmol/L over the past 2-3 months.

Check here: *I affirm that this reported A1C value is from the above-named patient.*

What is the A1C?

The A1C (previously called "hemoglobin A1c" or "HbA1c") is a test which measures the amount of glucose attached to the hemoglobin (the iron-containing pigment which carries oxygen) in a person's red blood cells. The higher the average blood glucose, the higher the A1C. Because hemoglobin and the attached glucose circulate in the bloodstream for about 120 days, the lifespan of a red blood cell, the A1C offers us a long-term (2-3 month) estimate of the average glucose that the circulation been exposed to. The A1C should be checked every 3-4 months.

For a person without diabetes, the normal A1C ranges between 4.0-6.0%. The *2014 Clinical Practice Guidelines* from the International Society for Pediatric and Adolescent Diabetes (ISPAD) suggest a target A1C level of **less than 7.5%** for all children and youth children with type 1 diabetes.

Please note that we cannot use self-reported A1C values in determining eligibility for a driver's license or for an insulin pump renewal.

For more information about the A1CNow+® SELF-CHECK system:

Manufacturer: www.ptstdiagnostics.com/a1cnow-plus.html

Canadian distributor: www.roxon.ca/site/product/386

Please fax this form to 604-875-3231 or e-mail it to dcnurse@cw.bc.ca.