

Conversion chart to previous HbA1c units; IFCC (mmol/mol) to DCCT (%)

HbA1c IFCC mmol/mol	HbA1c DCCT %	HbA1c IFCC mmol/mol	HbA1c DCCT %	HbA1c IFCC mmol/mol	HbA1c DCCT %	HbA1c IFCC mmol/mol	HbA1c DCCT %
10	3.1	60	7.6	110	12.2	160	16.8
12	3.2	62	7.8	112	12.4	162	17.0
14	3.4	64	8.0	114	12.6	164	17.2
16	3.6	66	8.2	116	12.8	166	17.3
18	3.8	68	8.4	118	12.9	168	17.5
20	4.0	70	8.6	120	13.1	170	17.7
22	4.2	72	8.7	122	13.3	172	17.9
24	4.3	74	8.9	124	13.5	174	18.1
26	4.5	76	9.1	126	13.7	176	18.3
28	4.7	78	9.3	128	13.9	178	18.4
30	4.9	80	9.5	130	14.0	180	18.6
32	5.1	82	9.7	132	14.2	182	18.8
34	5.3	84	9.8	134	14.4	184	19.0
36	5.4	86	10.0	136	14.6	186	19.2
38	5.6	88	10.2	138	14.8	188	19.4
40	5.8	90	10.4	140	15.0	190	19.5
42	6.0	92	10.6	142	15.1	192	19.7
44	6.2	94	10.8	144	15.3	194	19.9
46	6.4	96	10.9	146	15.5	196	20.1
48	6.5	98	11.1	148	15.7	198	20.3
50	6.7	100	11.3	150	15.9	200	20.4
52	6.9	102	11.5	152	16.1	202	20.6
54	7.1	104	11.7	154	16.2	204	20.8
56	7.3	106	11.8	156	16.4	208	21.0
58	7.5	108	12.0	158	16.6	210	21.2

Target Levels by Type	Upon waking	Before meals (pre prandial)	At least 90 minutes after meals (post prandial)
Non-diabetic*		4.0 to 5.9 mmol/L	under 7.8 mmol/L
Type 2 diabetes		4 to 7 mmol/L	under 8.5 mmol/L