



# Hemoglobin A1C

## In pregnancy

Hemoglobin is the substance in red blood cells that carries oxygen to the cells. Some of it attaches to glucose (sugar). Because the glucose stays attached for the life of the cell (about 3-4 months), a test to measure hemoglobin A<sub>1</sub>C (abbreviated as HgbA<sub>1</sub>C) shows what a person's average blood glucose was for that past period of time. Approximately half the score comes from the last 30 days.

### How does HgbA1C compare with Average Blood Sugars and what's the risk in pregnancy?

<b>*HgbA1C</b>	<b>Average Blood Sugar mg/dl</b>	<b>What is the risk in pregnancy?</b>
<b>4.0-5.6 %</b>	<b>69-126</b>	<b>Low risk of complications</b>
<b>5.7-6.4%</b>	<b>129-151</b>	<b>Risk for having a large baby (greater than 9 pounds)</b>
<b>6.5-8.4%</b>	<b>154-222</b>	<b>Increased risk of complications for mother &amp; baby</b>
<b>8.5 -9.3%</b>	<b>225-254</b>	
<b>9.4% and higher</b>	<b>257 and higher</b>	

\* American Diabetes Association, Diabetes Care. Supplement 1, January 2010