

# Fructosamine

A test to monitor your diabetes control.



## WHAT IS A FRUCTOSAMINE TEST?

Fructosamine is a test that can be used to monitor your diabetes, particularly when HbA1c testing isn't suitable. It measures the amount of blood and tissue proteins that have undergone a process called glycation (where sugar in your blood binds to the protein). Albumin is the most common protein found in your blood. When you regularly have high levels of glucose in your blood, the glucose will permanently combine with the haemoglobin found in your red blood cells and the protein in your blood. The fructosamine test measures the amount of glycated protein.

## WHAT DO THE RESULTS MEAN?

A high fructosamine result means that your average blood glucose has been higher than ideal for the past 2-3 weeks. If you have diabetes and your fructosamine result on a previous test was high and it has been dropping closer to normal levels, this may mean that you are successfully controlling your diabetes.

## HOW OFTEN SHOULD YOU BE TESTED?

Speak with your doctor to see if this test is suitable for you. Your doctor will decide how often you will need to be tested. You may be tested every 3-4 months.

## ARE THERE FEES FOR THIS TEST?

This test is bulk-billed subject to Medicare guidelines and criteria being met. If Medicare guidelines and criteria aren't met, an out-of-pocket fee may apply.

Medicare subsidises this test up to four times in a 12 month period if you have established diabetes.

## For further information, please speak with your doctor.

Please consider your individual circumstances and consult your healthcare professional if you have any questions relating to the information contained in this brochure. This brochure contains general educational information only. It is not intended or implied to be a substitute for professional medical advice or treatment and is presented for the sole purpose of disseminating information. \*Prices, where displayed, are correct at time of printing and are subject to change without notice.

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