

Prediabetes

Your recent blood test shows that your blood glucose is a little higher than normal. This is called prediabetes or non-diabetic hyperglycaemia.

This is not diabetes, and it does not mean that you will definitely develop type 2 diabetes.

The good news is that everyday changes can lower your risk and may bring your blood glucose back into the normal range.

Understanding your result

HbA1c is a blood test that shows your average blood glucose over the previous two to three months.

HbA1c result	What it means
Below 42 mmol/mol	Below the prediabetes range
42 to 47 mmol/mol	Prediabetes
48 mmol/mol or above	Diabetes range

Small changes that can help

Eat well

- Base meals around vegetables, salad, beans or pulses, with a sensible portion of higher-fibre carbohydrate and a source of protein.
- Choose whole grain bread, oats, brown rice or wholewheat pasta more often.
- Cut down on sugary drinks, sweets, cakes, biscuits, and large portions.
- Choose whole fruit rather than fruit juice or smoothies.

Move in a way that suits you

- Break up long periods of sitting. If you are not active now, a regular 10-minute walk is a useful start.
- Build gradually towards 150 minutes of moderate activity each week, such as brisk walking, cycling, swimming or active gardening.

Look after your weight

If you are above a healthy weight, gradual weight loss can help. If your weight is already healthy, eating well and being active are still beneficial.

You do not need a special diabetic diet or need to remove all carbohydrates. Choose one or two changes that feel manageable and build from there.

What help is available?

- **Let's Prevent** is a structured education programme for adults with prediabetes. It offers practical support with food, activity, and weight, where appropriate. If you'd like to be referred for this, please let our staff know and your GP will be happy to organise this for you.
- You can also look at self-help resources listed at the end of this leaflet.
- If you would still like to talk things through, you can book a routine appointment with our diabetes nurse, Matt Pickstock.

What happens next

- We will usually repeat your HbA1c blood test at least once a year.
- You may need an earlier test if your result is close to the diabetes range or you develop symptoms.

When to get in touch

Prediabetes usually causes no symptoms. Please contact the practice if you notice:

- unusual thirst or passing urine much more often, especially at night
- unexplained weight loss
- blurred vision or marked tiredness
- recurrent infections or wounds that are slow to heal

Further information

[My Diabetes My Way Scotland - Diabetes Prevention](#)

[Diabetes UK - What is prediabetes](#)

[NHS Inform - Eatwell Guide](#)

[NHS Inform - Physical activity guidelines](#)

Information sources: NICE, NHS Inform, Diabetes UK and My Diabetes My Way Scotland. September 2026.