

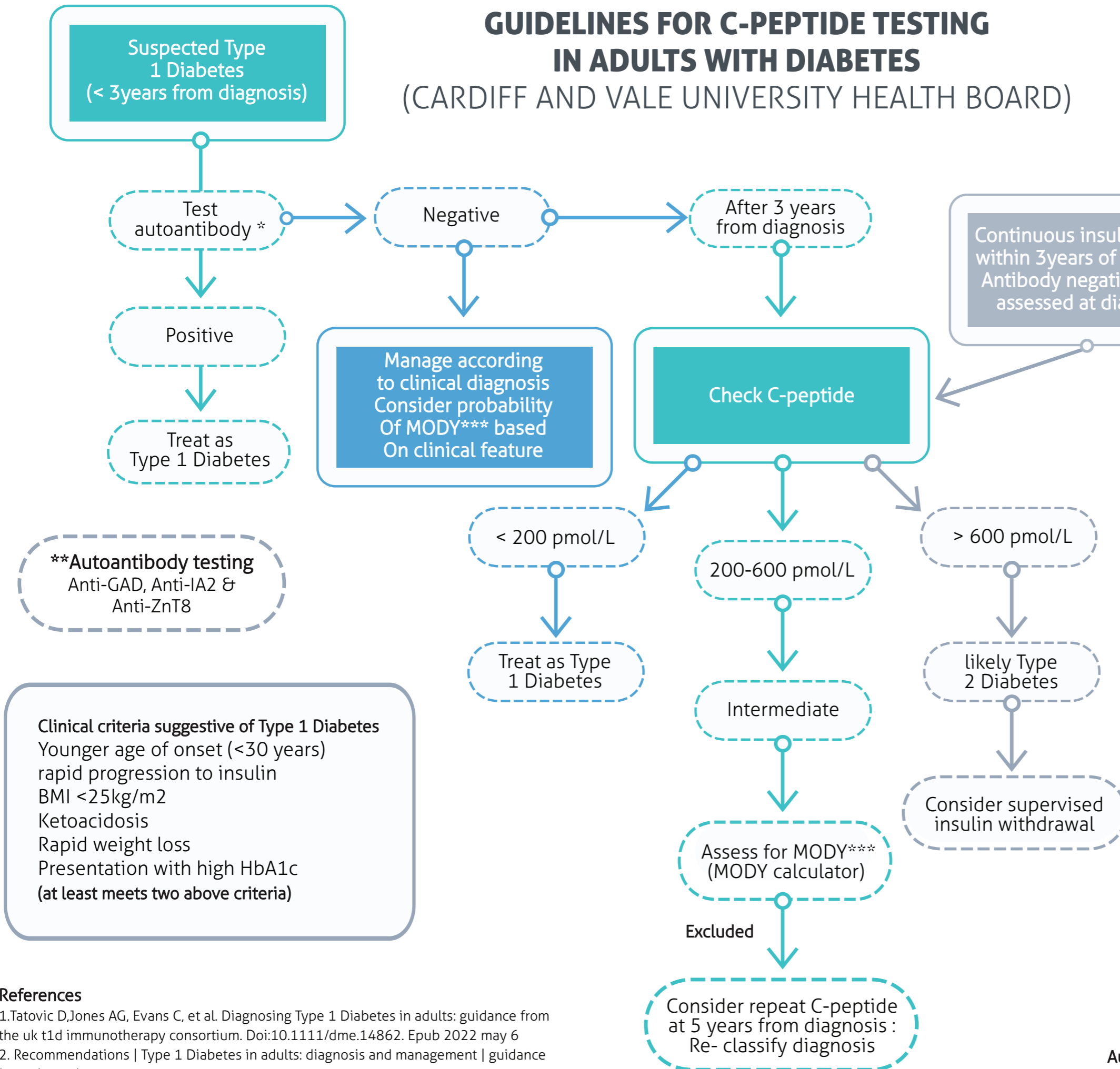
# GUIDELINES FOR C-PEPTIDE TESTING IN ADULTS WITH DIABETES

(CARDIFF AND VALE UNIVERSITY HEALTH BOARD)



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### Note: we advise the following

1. When measured before 3 years C-peptide concentrations >200 pmol/L, do not exclude later severe insulin deficiency. Therefore, measure only after 3 years of diagnosis.
2. C-peptide should be assessed on a non-fasting blood sample, ideally within 1-5 hours of a carbohydrate containing meal.
3. C-peptide should not be tested within 2 weeks of a hyperglycaemic emergency, as levels may be temporarily suppressed.
4. C-peptide is cleared by the kidneys and is increased in end stage renal failure. For this reason, C-peptide should not be used to differentiate Type 1 / Type 2 Diabetes in these patients.
5. C-peptide should not be assessed if hypoglycaemia within last 12 hours.
6. We advise against measuring autoantibodies in patients with no clinical features of Type 1 Diabetes and after 3 years of diagnosis.
7. \*We advise against measuring autoantibodies and C-peptide routinely to confirm Type 1 Diabetes.
8. \*\* CAV diabetes islet cell antibodies (Anti-GAD , Anti - IA2 & Anti-ZnT8 autoantibody) can be requested in the same sample
9. \*\*\*Consider mody when age of diagnosis is <35 years with negative antibodies and C-peptide > 200 pmol/L (mody calculator:<http://www.Diabetesgenes.org/exeter-Diabetes>)

### References

1. Tatovic D, Jones AG, Evans C, et al. Diagnosing Type 1 Diabetes in adults: guidance from the UK T1D Immunotherapy Consortium. Doi:10.1111/dme.14862. Epub 2022 May 6
2. Recommendations | Type 1 Diabetes in adults: diagnosis and management | guidance | nice (ng17), August 2022

Authors : Dr Arshiya Tabasum , Dr Carol Evans, Prof Colin Dayan  
( Cardiff & Vale University Health Board ), version 1: April 2023