## **GUIDELINES FOR C-PEPTIDE TESTING** Suspected Type IN ADULTS WITH DIABETES 1 Diabetes (< 3 years from diagnosis) (CARDIFF AND VALE UNIVERSITY HEALTH BOARD) After 3 years Test Negative from diagnosis autoantibody \* Continuous insulin started within 3years of diagnosis Antibody negative or not assessed at diagnosis Positive Manage according to clinical diagnosis Check C-peptide Consider probability Of MODY\*\*\* based Treat as On clinical feature Type 1 Diabetes > 600 pmol/L < 200 pmol/L \*\*Autoantibody testing 200-600 pmol/L Anti-GAD, Anti-IA2 & Anti-ZnT8 Treat as Type likely Type 1 Diabetes 2 Diábétes Intermediate Clinical criteria suggestive of Type 1 Diabetes Younger age of onset (<30 years) rapid progression to insulin BMI <25kg/m2 Consider supervised Ketoacidosis insulin withdrawal Rapid weight loss Assess for MODY\*\*\* Presentation with high HbA1c (MODY calculator) (at least meets two above criteria) Excluded References Consider repeat C-peptide 1. Tatovic D, Jones AG, Evans C, et al. Diagnosing Type 1 Diabetes in adults: guidance from at 5 years from diagnosis: the uk t1d immunotherapy consortium. Doi:10.1111/dme.14862. Epub 2022 may 6

## Bwrdd lechyd Prifysgol Caerdydd a'r Fro Cardiff and Vale University Health Board

Long standing Diabetes

(> 3 years from diagnosis)

## 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
- \*\*\*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)

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

| Cardiff & Vale University

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