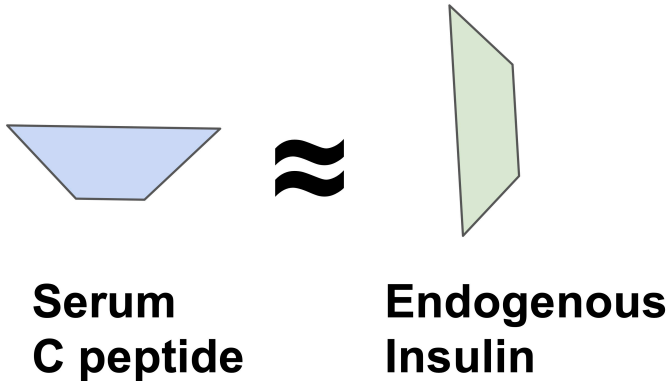


C Peptide Interpretation



Check serum C peptide in a fasting state or after a fixed stimulus

Distinguish type 1 vs type 2 diabetes



Type 1
C peptide < 0.2 mmol/L

Type 2
C peptide > 0.3 mmol/L

Manage diabetes medications



If ↑ serum C peptide →
↓ exogenous insulin and ↑ oral agents

Differentiate causes of hypoglycemia



↑ C peptide = insulinoma

↓ C peptide = surreptitious insulin use

1. Iqbal S, Jayyab AA, Alrashdi AM, Reverté-Villarroya S. The Predictive Ability of C-Peptide in Distinguishing Type 1 Diabetes From Type 2 Diabetes: A Systematic Review and Meta-Analysis. *Endocr Pract.* 2023 May;29(5):379-387. doi: 10.1016/j.eprac.2023.01.004. Epub 2023 Jan 11. PMID: 36641115.
2. Saisho Y. Postprandial C-Peptide to Glucose Ratio as a Marker of β Cell Function: Implication for the Management of Type 2 Diabetes. *Int J Mol Sci.* 2016 May 17;17(5):744. doi: 10.3390/ijms17050744. PMID: 27196896; PMCID: PMC4881566.
3. Horwitz DL, Rubenstein AH, Mako ME, Cruz A, Blix PM. C-peptide in conditions other than diabetes mellitus. *Diabetes.* 1978;27 Suppl 1:267-71. doi: 10.2337/diab.27.1.s267. PMID: 631444.
4. McDonald TJ, Perry MH. Detection of C-Peptide in Urine as a Measure of Ongoing Beta Cell Function. *Methods Mol Biol.* 2016;1433:93-102. doi: 10.1007/7651_2016_330. PMID: 27083170.



@primoolMD