

Gambaran Kadar Gula Darah 2 Jam Post Prandial dengan Penundaan Pemeriksaan

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ABSTRAK

Pemeriksaan gula darah 2 jam post prandial merupakan pemeriksaan diagnosis dan pengendali DM. Pasien datang ke laboratorium setelah berpuasa 10-12 jam dan diambil darahnya untuk mengetahui kadar gula darah puasa. Pasien diminta untuk makan dan 2 jam kemudian diambil darahnya untuk dilakukan pemeriksaan kadar gula darah. Pemeriksaan gula darah 2 jam post prandial adalah pemeriksaan menilai seberapa besar fungsi pankreas atau insulin yang dikeluarkan oleh pankreas untuk menetralkan gula darah. Pasien akan mengalami kenaikan gula darah setelah makan dan berangsur normal $\pm$ 2 jam. Permasalahan di laboratorium adalah terpaksa menunda pemeriksaan meski penundaan pemeriksaan menurunkan kadar gula darah. Tujuan penelitian adalah mengetahui kadar gula darah 2 jam post prandial dengan penundaan 1 jam.

Jenis penelitian bersifat deskriptif dengan pendekatan cross sectional. Sampel penelitian adalah 30 sampel yang memenuhi kriteria inklusi. Penelitian dilakukan di Laboratorium Central RSUP Dr. Kariadi Semarang pada bulan November 2016.

Kadar gula darah 2 jam pp yang segera diperiksa minimal 96 mg/dl, maksimal 344 mg/dl, dan rata-rata 189,20 mg/dl. Kadar gula darah 2 jam pp dengan penundaan 1 jam pemeriksaan, minimal 63 mg/dl, maksimal 338 mg/dl, dan rata-rata 182,43 mg/dl

Kata kunci : gula darah 2 jam post prandial, penundaan

Overview of Post Prandial 2 Hours Blood Sugar Levels with Examination Delay

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ABSTRACT

The examination of post prandial 2 hour blood sugar is a diagnosis examination and DM control. Patients come to the lab after 10-12 hours of fasting and blood was taken to determine fasting blood sugar levels. Patients were asked to eat and two hours later the blood was taken for blood sugar levels examination. The examination of post prandial 2 hour blood is the examination to assess how much pancreas or insulin function released by the pancreas to neutralize the blood sugar. Patients will experience the rise in blood sugar after meal and gradually to normal $\pm$ 2 hours. Problems in the lab was forced to postpone the examination despite examination delay was reduce the blood sugar levels. The research objective was to know the post prandial 2 hour blood sugar with 1 hour delay.

The research type is descriptive with cross sectional approach. The research sample was 30 sample who met the inclusion criteria. The research was done at the Central Laboratory of RSUP Dr. Kariadi Semarang in November 2016.

The blood sugar 2 hours pp minimal is 96 mg/dl, maximal is 344 mg/dl, average is 189,20 mg / dl, blood sugar 2 hours pp, average with 1 hour examination delay is 338 mg / dl, minimal 63 mg/dl, maximal 182,43 mg/dl.

Keywords : post prandial 2 hours blood sugar levels , delay 1 hour