

## 72 Hour Fast For Hypoglycaemia

Your doctor has recommended that you have a test called 72 hour fast for hypoglycaemia.

This will involve monitoring you blood glucose and insulin levels.

Insulin is a hormone produced by an organ located in your upper abdomen behind your stomach called the pancreas.

Its function is to control blood glucose levels and prevents them from becoming too high.

This test will check whether you have low blood glucose and high insulin levels or not.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what you need to do to perform the test correctly.

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*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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## Why do I need to have this test?

This 72 hour fasting test is needed to check if your body is showing signs of low glucose levels in your blood called hypoglycaemia. The pancreas may contain a small lump that is releasing more insulin than required in the blood stream, causing low blood glucose (hypoglycaemia). The lowering of blood glucose can cause various symptoms to occur. Some of the most common symptoms include blurred vision, sweating, palpitations, lethargy, hunger and confusion or agitation.

## What does the test involve?

You will be admitted to Ward 3C in the morning at 9.00am. You will remain fasting during your stay to trigger signs and symptoms of low blood glucose (hypoglycaemia). This means you will be able to drink plain water only, no food.

A small tube (cannula) will be put into a vein in your arm or the back of your hand from which blood samples can be taken. Your nurse will encourage you to be as active as possible on the ward, for example by walking around. This is so that your glucose stores can be used up by your body.

## Are there any risks involved?

During the test you will be closely monitored. Your blood glucose may fall below normal and you may start to experience some or all of the symptoms mentioned above.

Your blood tests will be taken straight away at any point this happens.

You will then be given a glucose drip. At this stage the test will be stopped. However, if you do not develop any signs or symptoms of low blood glucose (hypoglycaemia), the test will not continue beyond 72 hours.

## Is there anything I should do at home after the test?

You will be given something to eat on completion of the test. You will be discharged home if you feel well and your blood glucose level is normal. Once home, you can eat normally and carry out your usual activities.

## How will I find out the results?

Some of the blood tests may take from a few days to a few weeks to be reported. Some of the tests might be sent to another hospital for analysis. So please be patient during this time.

An outpatient appointment will be made for you in order to discuss the results. Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

## What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Nurse Specialist.

Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including:

- your full name
- hospital number or date of birth
- contact number

They will contact you as soon as possible, though please be aware this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, dial 999 or attend your local Accident and Emergency Department.

## Further information?

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 26633.

**Endocrinology Specialist Nurse**

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