



University Hospitals Birmingham
NHS Foundation Trust



1-Day Supervised Fast Test

– information for patients

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

You doctor has recommended that you undergo a one day supervised fast (absence of food and drink) test. A 1-day supervised fast looks to see what happens to the sugar levels in your blood when you fast. This can help detect whether symptoms that you may have experienced, were caused by a low blood sugar. The test also provides information about your body's production of hormone called insulin. Insulin is a hormone produced by the pancreas gland, and is released into the bloodstream in order to regulate the body's glucose or sugar. When things are working normally, if your blood sugar levels are low your body does not release much insulin. This test helps to identify if your body is producing more insulin than it should.

Preparation for your test

- You should not eat and drink from midnight before your test (water is allowed).
- You can take your medications as usual the day before the test and on the day of the test with water only.
- The test will last for the whole day until 5:00pm.
- You should report to the Endocrine Day Case Unit at 08:30am in the morning.
- Children are not advised to attend. However, if this poses a particular problem for you please discuss this with us.

What will happen during your test?

- You will be admitted in the Endocrine Day Case Unit directly.
- You will have a bed to lie down in throughout the test.
- A cannula (a small needle with a tube attached for taking blood samples) will be placed in a vein in your arm.
- You will not be allowed to eat anything during the test, although you are permitted to drink water or other calorie-free drinks provided by the nursing staff.
- Your blood sugar will be checked at regular intervals during the test.

- The fast will last for up to 8 hours.
- If you have had no symptoms during that time, you may be asked to do some exercise (such as a brisk walk around the hospital) before a blood samples are taken from your cannula.
- Once the test is completed, the cannula will be removed. Once you have had something to eat and drink and are feeling fine, you will be able to go home.

What will happen after your test?

- The result of your test will be reviewed by the endocrinology doctor.
- You do not have to contact the department for your test result as you will be contacted directly if necessary.
- Your doctor will also be informed of the result of your test.
- If necessary, you will be called back into the clinic to discuss the result especially if you need to start on any treatment.
- Sometimes, it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test.

Please remember the timing of your endocrine test is important so please report directly to the unit at 08:30am. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

Please go to the following location for your test:

Endocrine Day Case Unit

Area 1A, Outpatient Department

Ground Floor, Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston, Birmingham B15 2GW

If you have any queries please contact;

Endocrine Clinical Nurse Specialist Team

Email: EndocrineNurses@uhb.nhs.uk Tel: 0121 371 6950

If your call is not answered please leave a voicemail message stating your name, hospital number, contact number and your query. A member of the nurse team will return your call.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Endocrine
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
Telephone: 0121 627 2000