1 – Day Supervised Fast Test

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 the 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 Unit/Clinic 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 Unit/Clinic directly
- You will have a bed to lie down or chair to sit down 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 provided by the nursing staff
- Your blood sugar will be checked at regular intervals during the test
- The fast will last for up to eight 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 and this can take up to 4 weeks.
- 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 least 10 minutes before your appointment time. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact details

Queen Elizabeth Hospital Birmingham
Email (preferred method): **EndocrineSecretaries@uhb.nhs.uk** Phone: **0121 371 6950**
(we will aim to return telephone call within 3–5 working days)

Birmingham Heartlands, Solihull and Good Hope Hospitals
Email (preferred method): **EndocrineNursesHGS@uhb.nhs.uk** Phone: **0121 424 2487**
(we will aim to return telephone call within 3–5 working days)

Accessibility



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