

Patient information

72 Hours Fast Test (Inpatient Test)

Diabetes and Endocrinology

Why do I need this test?

This test is performed to confirm pancreatic tumour (insulinoma) as a cause for the episodes of hypoglycaemia (low blood sugars).

The symptoms of hypoglycaemia usually include:

Sweating, feeling hungry and irritable, shakes, dizziness, palpitation, difficult to concentrate, confusion etc.

Are there any risks or side effects?

- Nothing as such, however this test is contraindicated in pregnancy, children less than 16 years, people with terminal disease for example malignancy, severe liver disease and renal failure.
- If you do have episode of hypoglycaemia during the test then you may notice the symptoms mentioned above.

Are there any alternative treatments available?

No alternative test available in our trust.

What will happen if I decide not to have this investigation?

You need to discuss the implications of not having the test with your doctor in the endocrine clinic.

Preparation before the test

- You will be contacted by one of the member staff regarding potential dates for admission so that you can make arrangements around that.
- You will be given details of the ward you are being admitted to and you could be staying in the hospital anywhere up to 72 hours.

What happens during the test?

- You will be admitted anywhere up to three days and you will be closely supervised throughout.
- You will be fasting throughout this period and expected not to leave the ward unaccompanied. You will be supervised by member of the staff however you are allowed to remain active during your stay.
- You will be allowed to drink water and calorie and caffeine-free beverages.
- Member of the nursing staff will be monitoring your blood sugar every four to six hours, and if and when you have symptoms of hypoglycaemia. The blood sugars will be checked more frequently if they are dropping but not yet reached the range to confirm the diagnosis.
- Blood samples will be takes every morning and further blood sample will be taken if you have an episode of hypoglycaemia during this period.
- After the sample being taken, hypoglycaemia will be treated with a sugary drink followed by a meal.
- You will be allowed home once we have completed the test, i.e. an episode of hypoglycaemia (with Blood sugar dropping to less than 2.2 mmol/Mol) or end of 72 hours without an episode of hypoglycaemia.

What will happen after the test?

- Once you have completed the test, the results will be reviewed by ward endocrine doctors and they will decide the further plan of action.
- Further investigation and management will be discussed in the endocrine clinic.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any query or do need to speak to doctors please contact on call endocrine doctor via hospital switch board:

Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000

If you have any worries or questions about the test or the date is inconvenient please contact the Medical Day Case Unit

Medical Day Case Unit

Telephone number: 0151 706 2396

Text phone number: 18001 0151 706 2396

Opening Hours:

07:30 – 20:00 Monday to Thursday

07:30 – 16:00 Friday

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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