

Patient information

Insulin Tolerance Test In Adults (ITT)

Diabetes and Endocrine Speciality

Why do I need this test?

This test is performed to find out if your pituitary gland is producing enough growth hormone and if you have enough steroid reserve. This test is usually performed when growth hormone or steroid hormone deficiency is suspected.

Are there any risks or side effects?

- This test is usually avoided in people with heart disease, seizures etc.
- One may not tolerate the symptoms of hypoglycaemia such as sweating, palpitation, shakes, feeling hungry and irritable, dizziness etc.

Before the test

- You should fast overnight (water permitted) before the test.
- Your health professional will advise you on what medications if any you need to stop prior to the test. The table below details most medication that may affect the test:

Drugs	Stop
Hydrocortisone (HC)	12 hours before
Prednisolone	72 hours (Replace with equivalent doses of dexamethasone or HC)
Bromocriptine	48 hours
Cabergoline	Seven days
Octreotide S/C (24hrs),	24 hours
Octreotide LAR	Test before the next injection is due
Oral oestrogens	Six weeks
Transdermal oestrogen	Day of the test

What happens during the test?

- On the day of your test. A nurse will check your details, weigh you and explain the test to you. You will be on the ward for two to three hours.
- You will be recumbent during the test and will be closely supervised throughout.
- A nurse will put a small tube (cannula) into your vein and blood samples will be taken through this tube, which means you will not have to have lots of needles.
- We will then take blood samples to measure the level of hormones and glucose in your blood.
- We will then give you an injection of insulin.
- We will take blood samples from your cannula every 30 minutes for 2 to 3 hours. Your finger prick blood sugars will also be monitored using glucometer throughout the test.
- Your blood sugar is expected to drop during the test and this should stimulate the pituitary gland to secrete hormones normally which can then be measured to confirm or refute the conditions suspected.
- When the test is finished we will give you something to eat and drink. The cannula will be taken out and you will be able to go home about 30 minutes after you have eaten and once your blood sugars are in the normal range.
- You can restart your regular medication straight away.
- You should not drive for at least two hours after the test.

Special instructions for people with diabetes

- If you are just on diet or tablets then you can undergo this test with no special precautions.
- If you are on Insulin, then omit the morning dose of insulin.
- You will be started on infusion of insulin on arrival (8 am) and maintained throughout the test to ensure the blood sugars are in the normal range.
- The test will then be carried out as above.
- At the end of the test, your lunch time insulin will be given with lunch if you are on four times insulin, or half the usual morning dose of insulin will be given if you are on a twice daily insulin.

What will happen after the test?

- Once you have completed the test, the results will be reviewed by endocrine doctors and they will contact you directly if necessary.
- 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

www.pituitary.org.uk

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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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زانیاری پیلوندیدار یو نمخوشانهی له‌لایمن تراستموه پسمعد کراون، نگمر داوا بکریت له فورماتمکانی تردا بریتی له زمانمکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دمنگ، هیللی موون و نملیکترونیکی همیه.

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