

20-hour fast for assessment of low blood glucose (hypoglycaemia)

Information for patients

Your endocrinologist has asked for us to arrange a prolonged fast test to assess the cause of hypoglycaemia (low blood sugar) symptoms.

The test will take all day.

If you are unable to make the test, please let us know so that we can reschedule.

How should I prepare for the test?

The day before the test you should eat normally until after you have had your evening meal. After this you may drink water (or fluids free from sugar and caffeine) only. You should not eat or consume drinks containing sugar after 8pm.

What happens during the test?

During the test a blood sample will be taken from your finger every hour, or more often if your blood sugar is falling. You will not be able to eat during the test. You can drink fluids free from sugar and caffeine.

If you have symptoms of low blood sugar during the test, please inform the nurse so that blood samples can be taken. We usually recommend the hospital laboratory confirming your blood sugar level is low before taking treatment to increase your blood sugar to make sure that the test results are reliable.

Your endocrinologist should have told you if you need to stop any of your usual medications. If you are not sure please let us know.

When will I get my results?

The test results can take up to one month to return and your endocrinologist will be in touch once your results are back.