



## Supervised Fast for Diagnosis of Insulinoma

### General Description

This test diet provides only minimal amounts of carbohydrate and calories to allow for the detection of an insulin-secreting tumor. Whereas normal response to fasting would be maintenance of normal fasting blood glucose levels, patients with insulinomas experience a drop in their blood glucose levels when fasting as a result of continuing production of insulin by the tumor(s). If blood glucose drops significantly during the fast, a tentative diagnosis of insulinoma is made.

### Indications for Use

This diet is provided for usually up to 48 hours, and may be extended to 72 hours. The fast may be halted early if protocol parameters are met for discontinuance (usually when blood glucose falls below 40 mg/dL, and/or the patient experiences symptoms consistent with hypoglycemia).

### Guidelines

During the fast, patients are provided with 3 meals per day, each containing no more than 35 calories and no more than 5 grams of carbohydrate. Regular caffeinated beverages are prohibited; decaffeinated beverages are limited to 3 per day. Patients may elect not to consume items provided. No additional food/beverages other than plain water and calorie-free caffeine-free beverages are allowed during the fast. See Meal Plan below.

A bag meal (usually consisting of a sandwich, fruit, pretzels/chips, and a beverage) is sent to the patient care unit to be provided to the patient immediately upon completion of the fast. The patient will usually then resume regular meal service.

### Meal Plan

#### **Served at each meal:**

- 1 serving broth
- 1 serving sugar-free flavored gelatin
- 1 serving low cal lemonade
- 1 serving decaf coffee/tea
- Lemon wedge
- Sugar substitute

## **Supervised Fast for Diagnosis of Insulinoma, Cont.**

### **References:**

Hirshberg B, Livi A, Bartlett DL, Libutti SK, Alexander HR, Doppman JL, Skarulis MC, Gorden P.

Forty-eight-hour fast: the diagnostic test for insulinoma. *J Clin Endocrinol Metab* 2000 Sep;85(9):3222-6.