

# Insulin, Fasting

Insulin is a hormone that is produced and stored in the beta cells of the pancreas. When blood glucose becomes elevated after a meal, insulin is secreted and is vital for the transportation and storage of glucose, the body's main source of energy. Insulin helps transport glucose from the blood to within cells, regulating the blood glucose levels.

This insulin tests is used for the diagnosis and monitoring of diabetes and insulin-secreting tumors. The test is intended only as a predictor for metabolic syndrome or hyperinsulinemia and is not used for measuring insulin levels to monitor synthetic insulin use.

## Why should you be tested for insulin?

Insulin levels are most frequently ordered following a low blood glucose test result and/or when someone has acute or chronic symptoms of low blood glucose (hypoglycemia). Symptoms of hypoglycemia may include:

- Sweating
- Confusion
- Fainting
- Palpitations
- Blurred vision
- Seizures or loss of consciousness (in serious cases)
- Hunger
- Dizziness

## What is diabetes?

Diabetes is a disorder associated with high glucose levels and decreased insulin effects which can be a life-threatening condition. People with type 1 diabetes produce very little insulin and so eventually require insulin supplementation therapy. Type 2 diabetes is generally related to insulin resistance, which increases with time.

## What should I do if the results are abnormal?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate course of action.

**If your results were high:** Elevated insulin levels are seen with:

- Insulin resistance
- Fructose or galactose intolerance
- Use of drugs such as corticosteroids, levodopa and oral contraceptives
- Obesity
- Cushing syndrome
- Acromegaly
- Insulinomas

**If your results were low:** Decreased insulin levels are seen with.

- Diabetes
- Hypopituitarism
- Pancreatic diseases

## What other resources are available to learn more about my health and laboratory tests?

- Lab Tests Online: [labtestsonline.org](http://labtestsonline.org)
- Healthline: [healthline.com](http://healthline.com)
- WebMD: [webmd.com](http://webmd.com)

*DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.*

*Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.*

## FASTING REQUIRED

Fasting is required for a comprehensive metabolic panel and early morning collection is preferred. Please DO NOT eat or drink anything except water for 8-12 hours before your test. DO NOT stop taking your prescription medications. If your healthcare provider advised you to take your medication with food, consult with your healthcare provider before fasting.



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