



**PRESCRIBER'S ORDERS FOR
ENDOCRINE/BIOCHEMICAL TESTING:
PROLONGED FAST
MEDICAL INVESTIGATION FACILITY INPATIENT**

DATE / /
DD MM YYYY

TIME : HOURS
HH MM

WEIGHT kilograms

HEIGHT centimetres

ALLERGY CAUTION sheet reviewed

Pharmacy
Use Only

WRITE FIRMLY WITH A BALLPOINT PEN WITH BLUE OR BLACK INK

Noted by
RN/UC

1. Patient to have nothing by mouth from _____ h.
2. Start intravenous 0.9% saline at rate to maintain cannula patency, maximum 30 mL/hour. May give maximum two boluses _____ mL IV (10 mL/kg) of 0.9% NaCl over 20 minutes as needed for poor blood return or hypotension.
3. Have 10% dextrose on hand. Give _____ mL IV push (2 mL/kg), maximum 20 grams (200 mL), for serious hypoglycemia (patient unconscious, seizing or unable to consume oral carbohydrates). Notify physician on call.
4. Baseline labs:
 - sodium, potassium, chloride, bicarbonate, anion gap, glucose, capillary pH
 - lactate, ammonia, uric acid, β-hydroxybutyrate, triglycerides, cholesterol
 - insulin, growth hormone, cortisol
 - AST, ALT, GGT, CK
 - serum and bloodspot acylcarnitine profile
 - free T4 TSH IGF-1 prolactin
 - urine for ketones
 - plasma amino acid profile
 - free fatty acids
5. Other baseline tests: _____
6. Blood glucose by meter every 60 minutes if greater than 4.0 mmol/L, every 30 minutes if 3.0–4.0, every 15 minutes if less than 3.0 mmol/L, and STAT if symptomatic. Call physician for further orders if glucose is less or equal to _____ mmol/L, confirm with STAT lab glucose.
7. Draw labs as ordered below if:
 - patient is symptomatic and lab glucose is less than or equal to _____ mmol/L (usually 3.0)
 - patient is asymptomatic and lab glucose is less than or equal to _____ mmol/L (usually 2.8)
 - patient completes fast without becoming hypoglycemic
8. End-of-fast/hypoglycemic labs:
 - sodium, potassium, chloride, bicarbonate, anion gap, glucose, capillary pH
 - lactate, ammonia, uric acid, β-hydroxybutyrate, triglycerides, cholesterol
 - plasma amino acid profile, serum and bloodspot acylcarnitine profile, free fatty acids
 - insulin, growth hormone, cortisol
 - AST, ALT, GGT, CK
 - urinary organic acid profile, urine for ketones
9. Other end-of-fast/hypoglycemic tests: _____
10. Glucagon stimulation test if lab glucose less or equal to _____ mmol/L and after above labs have been drawn:
 - glucagon _____ mg (0.03 mg/kg, maximum 1 mg) IM IV
 - hyperinsulinism: meter/lab glucose at 0, 5, 10, 15 and 20 minutes
 - metabolic: meter/lab glucose and lactate at 0, 15, 30, 45, 60, and 90 minutes
11. Ensure patient eats prior to discharge.

Print Name: _____ Pager #: _____

Signature: _____ College ID#: _____