

胰島素耐量檢驗

簡介

胰島素耐量檢驗，是藉著病人血糖處於低水平時，抽血檢驗荷爾蒙水平，以診斷其腦下垂體功能是否正常的檢查。

準備工作

- ◆ 先要確定病人沒有心絞痛、腦癇症、中風及嚴重腎上腺功能缺乏等病歷。
- ◆ 檢查前須簽署同意書。
- ◆ 凌晨後須禁食，但可飲清水，待檢驗完畢才可以恢復進食。

過程

- ◆ 這是一個低風險的檢驗。在內分泌專科醫生的指導下，由有經驗的護士執行整個檢驗。首先會量度病人的體重，計算出適當的胰島素份量。而胰島素份量須由兩位專業醫護人員核實，然後安排病人接受靜脈注射胰島素，以達至降低血糖的效果。
- ◆ 在注射胰島素之前和後，護士會為病人抽取血液來量度荷爾蒙水平。

每半小時抽血一次，而整個程序約需兩小時。

- ◆ 如病人的血糖太低，護士會為病人進行葡萄糖靜脈注射，以立即提升血糖水平。

護理及建議

- ◆ 檢驗完畢後，病人需要恢復進食及如常服用當天的藥物。
- ◆ 建議在檢查後當天每四小時進食，以避免出現低血糖現象。
- ◆ 在靜脈注射胰島素後，病人可能出現低血糖現象，包括出汗、心悸、焦慮和饑餓的感覺。但這些症狀通常只會持續數分鐘。

結果


所有驗血報告將會呈交內分泌科醫生分析。

如有任何查詢，請聯絡你的主診醫生。
以上資料由瑪麗醫院內科部提供。



瑪麗醫院
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INSULIN TOLERANCE TEST

Introduction

This is a test to find out the integrity of pituitary function by measuring the change in hormone levels in response to low blood glucose.

Preparation

- ◆ Patients taking the test must not have known history of angina, epilepsy, stroke or severe adrenal insufficiency.
- ◆ The purpose of the test will be explained and a written consent is needed.
- ◆ After midnight on the day of test, the patient should keep fast until completion of the test but water drinking is allowed.

Procedure

- ◆ This is a low risk test. The whole procedure is monitored by an experienced nurse under the supervision and instruction of an endocrinologist.

- ◆ The dose of insulin required to achieve adequate low blood sugar level is calculated according to the patient's body weight measured on the test day. Insulin will then be injected intravenously to induce a low blood glucose state.
- ◆ At intervals during the procedure, blood samples will be taken to measure the levels of different hormones. The test will last for about two hours.
- ◆ If the patient's blood sugar level drops too low, glucose will be injected intravenously to correct it immediately.

Care & Advice

- ◆ The patient needs to take breakfast after completion of the test before leaving the ward. The usual medication(s) can be taken after the test.
- ◆ The patient is advised to have meals every four hours for the rest of the day to prevent low blood sugar level.

- ◆ Patients may experience sweating, palpitation, feeling of anxiety and hunger after insulin injection but these symptoms usually only last for a few minutes.

Result

All the relevant results will be analyzed by an endocrinologist.

Should you have any queries, please consult your doctor-in-charge.

Information provided by Department of Medicine, Queen Mary Hospital.