



Dear Patient,

Please consider printing out this document and taking it to the laboratory with you to ensure you are tested properly for hyperinsulinemia (ie: high insulin in the blood)

Protocol for Hyperinsulinemia Testing:

- Fast for 10-12 hours.
- The lab technician will draw blood for FASTING glucose AND insulin levels.
- You will be given a standardized 75 g glucose solution to drink.
- 60 minutes later, you will return to the lab and the technician will draw blood for BOTH glucose and insulin levels.
- 120 minutes later, you will return to the lab and the technician will draw blood for BOTH glucose and insulin levels.

Oftentimes, the technicians forget to draw the last two insulin levels. If this occurs, you will have to repeat the entire test in order for me to evaluate you for hyperinsulinemia.

We know hyperinsulinemia has a direct effect on your fertility and reproductive health, so this is a very important test for you to have.

Thank you,

sharon Best, PA-C, MEdS

Sharon Best, PA-C