Insulin (Fasting) (INSF)

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Date & Time of Export: 03 November 2026 18:38

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TEST OVERVIEW

Test Name	Insulin (Fasting)
Test Code	INSF
Short Description	Insulin (Fasting)

OVERVIEW

Test Name	Insulin (Fasting)
Test Code	INSF
Category	Immunoassay
TAT	Main Lab: 6 Hour(s) Family Site: <6hrs
Specimen(s)	1 x Venous blood - 5 mL Tube - Gold - SST

SPECIMEN(S)

SST

Specimen Type	SST
Specimen Format	Tube
Specimen Colour	Gold
Specimen Volume	5 mL
Sampling Order	2
Origin	Venous blood
Collection time after baseline	-
Transport Temperature	-20°C
Accepted Other Specimens	Serum Sodium Heparin Plasma Sodium Fluoride Plasma

	EDTA Plasma
TAT	Main Lab: 6 Hour(s) Family Site: <6hrs
Test Stability	Room Temp: 3 Hour(s) 2–8°C: 12 Hour(s)

CLINICAL INFORMATION

Insulin (Fasting)

Methodology	-
Specimen Type	SST
Delay before pre-treatment	3
Transport Temperature	-20°C
Transport Stability at room temp	3 Hours
Transport Stability at 2–8°C	12 Hours
Haemolysis interference	No

Clinical Interest

Insulin is a hormone secreted by the beta cells of the pancreas. It regulates the absorption and use of glucose and is also involved in regulating protein synthesis and triglyceride storage. An increase in the amount of glucose in the circulation stimulates insulin secretion. Insulin in turn stimulates the absorption of glucose into the tissues and inhibits the breakdown of glycogen in the liver. When glucose levels return to baseline, insulin does the same.

One of the main clinical uses of insulin is in the diagnosis and management of diabetes mellitus, a disease that occurs when glucose is not absorbed adequately into the tissues.
The result is chronic hyperglycaemia. Diabetes can lead to serious complications, including kidney failure, heart disease, nerve damage, blindness and gangrene. Episodes of severe hyperglycaemia can lead to ketoacidosis and coma.

Insulin measurement is used in the following tests:

- Insulin measurement under basal conditions or after administration of glucose is useful for assessing the capacity of the pancreas to secrete insulin.
- Insulin levels are normally low in patients with insulin-dependent diabetes mellitus (IDDM) and normal or high in patients with non-insulin-dependent diabetes mellitus (NIDDM).
- Insulin testing can be useful at the start of insulin therapy to assess the duration of action of different insulin preparations.
- Persistent elevation of insulin levels is a risk factor for the development of coronary heart disease.

Diagnosis of insulinoma :

- Tumours of the beta cells of the pancreas can produce a state of hyperinsulinism leading to hypoglycemia.

PATIENT INFORMATION

Clinical Information Required	Fasting patient
Patient Collection Notes	Fasting for at least 8 hours, you can drink water.

COMMENTS & NOTES

LOINC Code	363-6, 30363-6
Outwork	No