

Feeding Instructions Prior to Determination of Resting Insulin¹

Do NOT fast horse; follow feeding instructions listed below.

The resting-insulin procedure is used as an assessment of the postprandial insulin response.

Procedure:

1. Do not feed grain within four hours of collecting blood for resting-insulin testing.
2. If horse is stabled, leave horse on hay (do not remove hay) prior to collecting blood for resting insulin.
3. If horse is kept on pasture, leave horse on pasture prior to collecting blood for resting insulin.
4. If horse is on pasture and also fed hay, leave it on pasture and hay prior to collecting blood for resting insulin.

Interpretation of Resting-Insulin Results¹

Result	Interpretation	Recommendation
<20 uU/mL	Non-diagnostic or normal	Dynamic test recommended to better assess — Oral sugar test
20–50 uU/mL	Suspect insulin dysregulation	Dynamic test recommended to better assess — Oral sugar test
>50 uU/mL	Insulin dysregulation (ID)	Proceed with ID management

¹ Equine Endocrinology Group (EEG) Recommendations for the diagnosis and treatment of equine metabolic syndrome (vEMS). 2020.