

Further information

You can contact the endocrinology nurse specialist with any questions you may have.

If your enquiry is for the endocrinology medical team, please contact their secretaries through the hospital switchboard.

Mixed meal test

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Why do I need to have this test?

The purpose of this test is to investigate the cause for unexplained hypoglycaemia, where the blood glucose (sugar) level drops within the body with associated symptoms. In the absence of diabetes mellitus, there are a number of causes for this which require investigation.

If the episodes of hypoglycaemia occur predominantly after meals, then the investigation of choice is a mixed meal test. The purpose of this test is to replicate the conditions in which an episode of hypoglycaemia would usually occur.

Should I stop any medication prior to the test?

You will **need to fast** from midnight prior to your test, and stop any non-essential medications.

What does the test involve?

You will need to attend the hospital for approximately six hours for this test. The nurse will explain the test to you on arrival.

Your blood glucose will be measured using a blood monitoring machine, which involves using a small amount of blood from your finger.

After your first sample, you will have a drink containing carbohydrates, protein and fats as there would be in a meal.

We will monitor your blood every 30 minutes for five hours. You will be allowed to drink water throughout the test.

If your blood glucose drops below a certain level, a sample of blood will then be taken from your vein.

If you experience any symptoms of hypoglycaemia during the test, please inform the nurse so that they can record this.

At the end of the test you can go home.

How will I find out the results?

Your endocrinologist will write to your GP with the results of the test, a copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine and email service available, for patients requiring advice from the endocrinology specialist nurse.

Messages will be assessed and returned in priority order.

If your enquiry is a medical emergency please contact your own GP, NHS 111 or 999 or attend your local emergency department.

Endocrinology specialist nurse
Tel: 07881 928197