

Mixed Meal Test

Your doctor has recommended that you have a Mixed Meal Test.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what to expect.

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This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach.

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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 fast or stop any medication prior to the test?

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

Do I need to bring anything with me to the test?

You will need to bring a type of food that you know brings on your symptoms of hypoglycaemia. If you are unable to bring this to the test you will be given a drink which contains the same amounts of carbohydrates, protein and fats as there would be in a meal.

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 1st sample you will have the drink/ the meal that you have brought along with you for the test. We will monitor your blood every 30 minutes for five hours.

You will be allowed to drink calorie-free liquids throughout the test.

If your blood glucose drops below a certain level, a sample of blood will then be taken. If you experience any symptoms of hypoglycaemia during the test, please inform the nurse so that they can record this.

At the end of five hours post meal consumption 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 available and email service for patients requiring advice from the Endocrinology Specialist Nurse. Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including your full name, hospital number or date of birth and contact number.

They will contact you as soon as possible, however this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, dial 999 or attend your local Accident and Emergency Department.

Further information

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

Endocrinology Specialist Nurse

Tel: 07881 928197

Email: endocrinology.nurse@sthk.nhs.uk