

'Mixed meal' test for assessment of low blood glucose (reactive hypoglycaemia)

Information for patients

Your endocrinologist has asked us to arrange a mixed meal test to assess for low blood glucose levels after eating (reactive hypoglycaemia). We enclose an appointment, if you cannot make this date please let us know so that we can reschedule at a more convenient time.

What should I do before the test?

Before the test please eat normally, in particular ensure that your diet is not low in carbohydrate. We usually recommend trying to eat ~250g of slow release carbohydrate a day for three days prior to the test.

The day before the test please do not eat or drink anything other than water from 10pm.

Your endocrinologist should have told you if you need to stop any of your usual medications. If you are not sure please let us know.

What will happen during the test?

On the day of the test the nurse will insert a cannula into your arm to help with blood sampling. They will then draw a blood sample and give you breakfast/a nutritional drink. A blood sample will be taken every 30 minutes for four hours. If you have symptoms of low blood sugar or feel unwell during the test please let the nurse know. They will check your blood sugar before recommending if you need to eat some glucose to correct a low blood glucose level.

The test will take about 6 hours.

When will I get my results?

The test results can take up to one month to return and your endocrinologist will be in touch once your results are back.