

Endocrinology

Mixed meal test

Your doctor has referred you for a mixed meal test. This leaflet aims to provide you with the information you need to prepare you for your test.

Preparation for test

Please remain nil by mouth from midnight the day of your test. You are allowed to drink water.

During the test

- A thin tube called a cannula will be inserted into a vein in your hand or arm to allow for blood samples to be taken
- A blood sample will be taken for glucose and insulin
- Following this, a meal drink (Fortisip) will be given
- Blood samples for glucose and insulin will then be taken every 30 minutes for 5 hours
- Once the test has finished, the cannula will be removed and you will be given a drink and something to eat before you leave.

Results

Once the results are back, these will either be sent to you by letter, phone call or discussed at your next clinic appointment.



Patient Information

Contact the endocrine specialist nurse

If you require more information regarding this test, please contact the endocrine specialist nurse.

Monday to Friday, 8am – 4pm

Telephone: 02476 965983 (Answerphone service available when out-of-office)

If you are unable to attend for your appointment date it is important that you advise us.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 5 983 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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