

## Patient information factsheet

# Four-hour mixed meal test for reactive hypoglycaemia

Your doctor has recommended that you have a four-hour mixed meal test to check for a condition called reactive hypoglycaemia.

We hope this factsheet will help to answer some of the questions you may have about this test. If you have any further questions or worries, please speak to your healthcare team.

### What is reactive hypoglycaemia?

Reactive hypoglycaemia is a condition where the blood glucose (sugar) falls below normal levels after a meal. The amount of glucose in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

### What is a mixed meal test?

A mixed meal test is a test to check for reactive hypoglycaemia.

The test will be carried out by our endocrine nurse specialist. They will insert a cannula (a small, flexible tube) into a vein in your hand or arm, and take a blood sample to check your blood glucose levels.

They will then give you a drink which contains the same amounts of carbohydrates, protein and fats as there would be in a meal. Over the next four hours, they will take regular blood samples to measure your blood glucose (sugar) levels and see how you respond.

The test will last for about four to five hours in total. You will need to rest and avoid exercise during the test as this could affect the results.

Please ask the endocrine nurse specialist if you have any questions.

### Before your test

- You must not eat or drink anything apart from water from midnight onwards before the test.
- It's a good idea to bring something to read or listen to as there will be periods of waiting between blood tests.

### After the test

When the test has finished, we will give you something to eat and drink. You can then go home.

### Results

We will let you know your results by letter or phone, or at your next clinic appointment. We

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will also send a letter to your GP. It can take up to three weeks to receive your results.

## Side effects

You should not experience any side effects from a mixed meal test.

## Contact us

Please contact the endocrine nurse specialist if you would like more information or if there is anything you do not understand.

## Endocrine nurse specialist

Telephone: **023 8120 4710**, Monday to Friday 8.30am to 4pm (Please use the answer phone service out-of-hours or if the nurse specialist is unavailable).

Email: [endocrinenurse@uhs.nhs.uk](mailto:endocrinenurse@uhs.nhs.uk)

## Useful links

NHS website

[www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/](http://www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [\*\*www.uhs.nhs.uk/additionalsupport\*\*](http://www.uhs.nhs.uk/additionalsupport)