

Mixed Meal Tolerance Test

What is a mixed meal tolerance test?

The mixed meal tolerance test requires a person to drink a “mixed meal”, which is usually Ensure High Protein drink that contains protein, carbohydrates and fat. The goal of the test is to measure how much insulin your pancreas makes in response to food. When a person’s body is working appropriately, the beverage causes blood sugar to rise and the pancreas to release just enough insulin to normalize blood sugar. However, in certain circumstances, the pancreas may work differently and produce too much or too little insulin.

This test is often used for people who have had an islet or pancreas transplant to determine if the transplanted cells are making enough insulin.

This test is also used for people who experience a low blood sugar level following a meal.

How is the test performed?

An appointment will be scheduled for you to have the test performed. You will be provided with the location and arrival time. Please plan for at least 2 hours of testing.

On arrival your weight and blood sugar will be tested. The nurse will continue testing your sugars from the finger poke as needed. An intravenous (IV) cannula will be inserted into a vein in one of your arms and will remain there for the duration of the test. All of your blood samples will be drawn through this catheter, so you will not require any further needle pokes. The nurse will take blood samples approximately every 30-60 minutes after you have consumed an amount of Ensure based on your body weight.

Once the test is completed, the IV will be removed and you will be able to go home.

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Are there any risks or side effects to this test?

As with any blood test or IV insertion, you may have some bruising or redness at the site where the catheter was inserted. There is also a very small risk of infection.

You may feel light-headed, nauseated and sweaty if your blood sugar level gets very low.

How do I prepare for the test?

Ensure adequate dietary carbohydrate (150g/day) for at least 3 days before the test.

You will need to fast (no food or drinks other than water) after 10:00 pm (or as instructed by your doctor) the night before your test. Please **DO** drink water the morning of the test.

If you are taking insulin, please follow your doctor's instructions about how to manage your insulin in preparation for the test.

DO NOT STOP ANY MEDICATION UNLESS INDICATED BY HEALTH CARE PROVIDER

Bring your daily dose of medications to the appointment in case appointment takes longer than expected.

What should I do if I need to cancel?

If you need to cancel your appointment, please call 519-646-6000 ext. 64424 and state your name and test date. It's important to know that there may be a delay in rescheduling your appointment as the availability of test times are limited. If you need to cancel, we ask that you call as soon as possible.