

LM-LD-HE-011

MIXED MEAL TEST PATIENT INFORMATION FORM

Considerations Before the Test

- The patient must be on a diet containing sufficient carbohydrates (250 g/day) for at least 3 days before the test.
- Patients should fast from 22:00 before the test, water may be allowed.
- You should not smoke on the test day.
- If the patient is using medication containing diazoxide, the medication is stopped 1 week before the test. If there are other medications used, they can be continued.
- There are two methods for the diet to be applied in the test. The test is performed using the method deemed appropriate by the requesting physician.
- The diet process should be carried out under the control and knowledge of the physician who orders the test.

Test Procedure

- On the day of the test, an intravenous line is inserted and blood is taken for plasma Glucose, Insulin and C-peptide at the 0th minute.
- Mixed meal is given to the patient.
- Blood is taken again at 60, 120, 180 minutes for Glucose, Insulin and C-Peptide.
- The blood taken is immediately sent to the laboratory as an emergency sample.