

Meal test (Pt-Ater-R1, 101)

This examination tests the insulin-secreting capacity of the pancreas.

How to prepare yourself for the test

1. Consume the test meal at home or bring a lunch along with you to the lab.
2. The test meal contains 300–400 kilocalories:
 - 2–3 slices of bread + a little margarine or butter, and a slice of cheese or cold cut
 - 1 glass (about 2 dl) of milk, Finnish viili, sour milk or regular (unsweetened) yoghurt
 - tomato or cucumber if you want
 - about 2 dl of coffee or tea

Blood sampling

1. Two hours after the meal, a blood sample is drawn in the lab from a vein on the inside of your elbow.

The examination will take about 2.5 hours.

In matters related to the performance of this examination you may contact the hospital unit that ordered the examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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