

Wednesday 11th February 2015.

For 4 days prior to test, carbohydrate consumption maintained to a minimum of 150g CHO daily. Previous meal eaten at 7.45pm. Test started at 8.15am, the following morning.

Used Glucose Syrup, equivalent to NHS recommended amounts of Polycal or Lucozade - 70g Carbohydrate dissolved in 200-300ml water, followed immediately by 100ml water. [equivalent to 410ml Standard Lucozade Energy Original or 113ml Polycal]

BG meter: SD BioSensor CodeFree. Strips opened on Weds 11th February. Tested every 10 minutes for 5.5 hours, last 1 hour BG settled to 4.4 mmol/l (+/- 0.2mmol/l) [capillary BG, not venous]

First reading taken prior to drinking solution. Solution consumed within 5 minutes. Remained seated during test - except to walk 2m to sink to wash hands.

At peaks - excessively hungry and a bit dizzy

At troughs - warm spells, rapid tiredness, clumsy and nauseous

At deep trough - was shakey, panicky, weak, everything looked 'glarey', formulating words and sentences was difficult, walking was difficult.

