

Metabolic Testing Guidelines

Preparing for the test:

- Do not exercise for 12 hours prior to your test.
- You should be fasting for 4 hours prior to your appointment.
- Avoid stimulants such as caffeine or cold medications.
- Unless medically necessary, do not take any dietary supplements until after your test.
- Prescription medications should be taken according to schedule.
- An accurate weight is needed for the test. It is recommended that you take your weight at home, on the morning of the test.

During the test:

- You will be seated in a comfortable position.
- A nose clip will be placed on your nose.
- You will be given a MetaBreather mouthpiece to breathe into. Each MetaBreather is for individual use only and is discarded after the test. You will be breathing in fresh air from the room, but the gas that you breathe out will go through a tube into the metabolic analyzer to measure your metabolic rate.
- Make a nice seal with your lips around the mouthpiece to ensure that all the air you exhale will be analyzed.
- Relax. After approximately 10 minutes the device will beep, indicating that it is finished.

After the test:

- Your mouth may get dry during the test. Feel free to bring water to drink after the test is completed.
- Your practitioner will print your test results.
- Your practitioner will interpret the results and review them with you.

Follow up tests:

- Your practitioner will let you know if a follow up test is necessary.
- It is recommended you repeat your follow up test within 8-12 weeks of your initial test date.
- Follow up tests should be scheduled for the same time of day as the original, to ensure results be consistent.