

Preparing for your Metabolic Test

1. **No exercise the entire day of testing.** You should be prepared to rest.
2. **You should be fasting for at least four hours prior to testing.**
For appointments later in the day, you can eat up to 4 hours of testing. water is allowed during the fasting period.
3. **No coffee or stimulants the entire day of testing.**
Prescription medications should be taken according to schedule. You can bring a caffeinated beverage with you to drink after the testing is complete if you would like.
4. **No smoking, vaping, or nicotine products the entire day of testing.**

During the Test

1. You will be invited to sit or recline in a comfortable position.
2. A nose clip will be placed on your nose.
3. You will be given a MetaBreather mouthpiece to breathe into. 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.
4. Make a nice seal with your lips around the mouthpiece to ensure that all of the air you exhale will be analyzed.
5. Relax. After about 10 minutes the device will beep, indicating it is finished.



Hunterdon Health