



Cardiac & VeinwoRx

Dr. Yale Cohen Dr. Eric Rosen
3702 Washington St. Suite 305
Hollywood, FL 33021
954-983-8910

Date: _____

Time: _____

It is desirable to measure your metabolic rate at a true resting level. To ensure you are at rest we recommend the following preparation:

- 1- You should avoid eating 2 hours before the test.
- 2- Avoid exercising on the day of your test.
- 3- If possible, avoid the use of stimulants such as caffeine on the day of the test.

3 Easy Steps to Getting Your Metabolic Results

1...RELAX. Our **Indirect Calorimeter** measures resting metabolic rate. It is important that you be able to reach a resting state during your test. You should avoid activities such as exercise or stressful situations that will prevent you from relaxing for at least two hours prior to your test. Digesting a large meal, as well as taking stimulants, such as caffeine, can raise your metabolic rate and should also be avoided prior to your test.

2...GET HOOKED UP. You will be able to sit or lie comfortably while being tested. Our technician will then place a nose clip on your nose and you will be given a disposable mouthpiece to breathe through. This mouthpiece is connected to the device by a hose that will measure how much oxygen you are breathing out. It is very important that you breathe only through the mouthpiece so this measurement will be correct. Both the mouthpiece and the tubing are sterile items that will be used only for you.

3...BREATHE. Finally, you just sit back and breathe. The device will indicate when it has calculated your metabolic rate. This takes anywhere from 5-10 minutes. The more relaxed and even your breathing, the quicker it will be able to determine your resting metabolic rate.