

Patient Information:

At your visit on: _____

You will be having the following procedures: (please see check marks)

- Anthropometric measurements (Body measurements)
- DXA Bone Density Scans
- Indirect Calorimetry (Bubble test)
- Questionnaires
- Food record review or recall
- Bioelectrical Impedance Analysis (BIA)
- Weighed Meal
- Exercise testing
- _____

How to prepare:

- Hydrate.** You may be asked for a small urine sample so please be prepared to provide one. This can also help for any blood draws you may be doing.
- Fast if necessary.** Please fast for at least _____ hours for your next appointment. This includes all food and beverages (except for water or including water) *Coordinator please circle one.*
- Bring in any necessary paper work.** If you were given any questionnaires to fill out in advance please bring these in completed.
- A copy of any medications or supplements you are on.** You may need to list what medications and/ or supplements you take and their doses, if you do not know this off hand you may wish to bring a list.
- Be prepared to change** or wear lightweight, metal-free clothing.
- _____
- _____

What are these tests?

Depending on the study you are participating in and which visit it is, you may be partaking in different tests. Below is a general explanation of the various procedures you may have while with the Metabolism & Nutrition Research Department at MGH CRC. Please see which activities are checked off for your specific visit above.

Feel free to ask any of your study staff or anyone on the CRC for more information. Please let your study team and staff know if you have any allergies or are uncomfortable at any time during any procedures. We will do our best to accommodate you.

