

REEVUE™ PATIENT INSTRUCTIONS:

Prior to coming for your appointment:

- Do not exercise at least 4 hours if moderate or 14 hours if vigorous resistance training prior to the appointment.
- Do not eat 4 hours prior to the appointment. Drinking water is okay.
- Do not consume caffeine (i.e. coffee, tea, colas) or other stimulants 4 hours prior to the testing as this may affect metabolic rate. No tobacco or alcohol 2 hours prior to testing.
- You will sit quietly for 10 minutes prior to test being set up. The testing itself will take approximately 10 minutes.
- Testing will have to be rescheduled if these conditions are not met as results may not be accurate.

Metabolic testing involves the following:

1. You may sit or lie down, whichever is more comfortable.
2. The dietitian will place a nose clip on your nose and you will be given a disposable mouthpiece to breathe through. The mouthpiece is connected to the ReeVue™ machine by a hose that will measure how much oxygen you are breathing out. Breathing must only occur through the mouthpiece so the measurement will be accurate. The mouthpiece and tubing are disposable items used only by you.
3. The test will take approximately 10 minutes.
4. The dietitian will review your results with you and provide guidance as necessary.