

What is an RMR?

The Resting Metabolic Rate (RMR) Test measures your body's metabolism, which is the amount of calories your body uses at rest. This is done by measuring your oxygen uptake.

People who may benefit from this test include, but are not limited to, those with diabetes, unexplained weight gain or weight loss, and metabolic abnormalities.

The RMR can help your doctor determine the root of your symptoms, as well as take the necessary steps in treatment. The outcome of the test may result in prescription of medication, dietary counseling or referral to an exercise program.

What is involved in an RMR?

This test requires the patient to remain in a comfortable relaxed state for a period of 20 minutes. The patient will be resting in a comfortable position with the lights off for the duration of the test.

In an effort to collect the necessary data, the following equipment is used throughout the test:

- A silicon mask to monitor your breathing (please tell the technician if you are claustrophobic).
- 10 electrodes will be placed on your chest to analyze the rhythm of your heart (EKG).

How long does the RMR last?

The RMR takes about 45 minutes for the health history questionnaire and performance of the test.

On the Day of the RMR...

In order to achieve the most accurate results, the RMR requires the patient to:

- Refrain from eating or drinking anything for at least 5 hours prior to testing. You may drink water as needed. (Diabetics may eat a light snack no less than 4 hours prior to testing if needed.)
- Refrain from exercise for at least 5 hours prior to testing.
- Take medications as prescribed.

Other Helpful Information

You can bring the following information with you to help speed up the process:

- Medication List
- Current medical records (problem list)

Any further questions?

You may contact your doctor, the technician performing the test at your clinic, or contact our corporate offices and we will be happy to assist you. MET-test corporate telephone number is (678) 636-3060 or we can be reached on the web at www.METtest.net.



Cardiopulmonary Exercise Test Pulmonary Function Test Resting Metabolic Rate Test

Appointment Information

Date: ____ / ____ / ____

Time: ____ : ____ AM PM

Test Ordered (please circle)

CPET PFT COMBO RMR

What is a CPET?

The Cardiopulmonary Exercise Test (CPET) measures how well your heart, lungs, and muscles work together. During the test, you will pedal a stationary exercise bicycle, have your heart monitored by an EKG and breathe through a mask.

If you have fatigue or shortness of breath, the CPET can help your doctor determine whether your symptoms are due to a medical problem (such as heart or lung disease) or due to poor fitness.

The results may help to determine the proper course of treatment, whether it be prescription of medication, surgical treatment, referral to cardiac or pulmonary rehabilitation, exercise prescription or monitoring changes of your condition.

What is involved in a CPET?

You will ride a stationary bicycle, beginning with a low-intensity warm-up followed by a gradually increasing work load. The total exercise time is approximately 15 minutes. You will be monitored during the cool-down period to assure that your heart rate and breathing have returned to normal.

The following equipment is used to monitor you throughout the test.

- A **mask** to monitor your breathing (please tell the technician if you are claustrophobic).
- **EKG electrodes** on your chest to analyze your heart rhythm.
- A **blood pressure cuff** on your arm.
- A **pulse oximeter** on your finger to measure blood oxygen levels.

Periodically during the test, the technician will ask you questions about how you are feeling. Because it is preferred that you not talk during the test, the technician will ask yes or no

questions so you can nod your head to answer.

Giving a truly maximal effort is the only way to accurately assess your condition. The technician will encourage you during the test. If, at any point, you feel that you can not continue the test, please tell the technician and the test will be stopped.

How long does the CPET last?

A CPET lasts approximately 1 hour for the health history questionnaire and performance of the test.

What is a PFT?

The Pulmonary Function Test (PFT) is used to evaluate lung function. The test involves performing several different tests while breathing at different rates. In order to get useful data, it is extremely important that you listen carefully to the technician, ask questions, and give your best effort each and every time.

What is involved in a PFT?

A PFT is composed of several different procedures. During each procedure, you will be asked to breathe through a mouthpiece. Several trials of each procedure may be performed. Some of the procedures include:

- **Spirometry** involves taking a full breath into your lungs and blowing the air out as fast and as hard as you can.
- **Maximum Voluntary Ventilation** requires rapid breathing for 12 seconds.
- **Diffusing Capacity** will require you to hold your breath for 10 seconds.
- **Static Lung Volumes** involves breathing 100% oxygen for several minutes.

How long does the PFT last?

A PFT lasts approximately 45 minutes. Some of the procedures may be repeated after inhaling a bronchodilator or after exercise.

Why would my physician order a Combo (CPET and PFT)?

If your physician ordered both the CPET and PFT, it is because he wants to evaluate your entire Cardiopulmonary System (both your heart and lungs in unison). **The combined CPET and PFT ("Combo") is the best non-invasive test for accomplishing this goal.**

The Combo lasts approximately 1 hour and 30 minutes for the health history questionnaire and performance of the test.

On the Day of the PFT or CPET...

- Refrain from eating or drinking anything for at least 3 hours prior to testing. You may drink water as needed. (Diabetics who need to eat may consume a light snack no less than 2 hours prior to testing.)
- If you take medications, consult with your physician to determine when you should take medications prior to being tested.
- If you use an inhaler, bring it with you.
- For a CPET, dress in comfortable clothes that are appropriate for riding a bicycle. Do not wear a skirt, dress, or high heels.
- Feel free to bring a bottle of water for after the test.
- Do not smoke on the day of the test.