

# Bio-Energy Metabolic Testing

## Preparation

Please follow the guidelines below prior to your appointment to prepare for your Metabolic Test:

### Precautions:

- The Metabolic Test can be physically demanding because it requires recording of body systems under exercise stress. (approximately 8 to 20 minutes pedaling on exercise bike)
- Patients should consult their Physician prior to any exercise or stress test.
- If you have experienced claustrophobia please discuss with Physician prior to making appointment for Metabolic Testing. (You will be required to breathe through a device while nasal passage is restricted)

### Prior to Test:

- You should not have had a significant illness or cold for at least a week (7 days) prior to the test.
- Follow your usual eating patterns for the few (5) days prior to test.
- Record pulse immediately upon waking on two (2) different mornings prior to test.
- Do not exercise for twenty-four (24) hours prior to the test.
- **Fast for eight (8) hours** prior to test. (no food or drink; EXCEPT water and MEDS)

**\*DO NOT STOP TAKING ANY PRESCRIPTION MEDICATIONS\***

### Morning of Test:

- Do **NOT** smoke the morning of test.
- Wear appropriate footwear and exercise clothing. (You may expect to break a sweat)
- Bring a list of medications and supplements that you are currently taking including medication name, medication dose, and how many times medication is taken per day.
- Women preferably should **NOT** wear lip-stick.
- New patients should arrive a few minutes early for HMC paperwork.

### Reporting & Consultation:

Reports will be given to the HMC Physician for your follow-up consultation. Together you will be able to review your results and determine any lifestyle changes or other recommendations.

Your patient copy of the report will include explanation of scores. Reports can take up to several days to be reviewed and prepared.

The cost per test is \$250.00, which includes physician consultation and recommendations.

### **Health Medicine Center**

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Walnut Creek, CA 94596

Call for an appointment (925) 935-7500

[www.AlternativeHealth.com](http://www.AlternativeHealth.com)