

Indirect Calorimetry

Also known as Metabolic Cart or the “Bubble test”

What it is: This test indirectly measures how much energy your body uses at rest by measuring the amount of oxygen you consume versus the amount of carbon dioxide you expend.

How to prepare:

- Fast prior to your visit. This includes all food and fluids besides water.

What you can expect:

- You will be asked to fast prior to this test; depending on the study they may require different lengths of time. For your study please fast for _____ hours prior to your visit.
- You will be asked to lie down in a bed and get comfortable. We can raise the head of the bed and provide extra pillows or blankets if desired.
- The test measures resting energy expenditure so you will be asked to remain as still as possible, avoid talking or moving, and requested to stay awake. If you do need to move slightly, that is ok.
- A transparent plastic dome or bubble will be placed over your head, and you will be asked to breathe normally for 15-20 minutes. Room air will be flowing into the dome.
- Throughout the test you will be left alone in order to relax. Periodically throughout the test a dietitian or technician will be monitoring you and adjusting the computer as needed.
- The most common complaints from participants is that it gets warm under the bubble during the test and that it is hard to stay awake.
- Depending on the study, the results of the analysis may or may not be given to you. You should talk to your study coordinator for specifics about the study you are in.

