



Preparing for Diagnostic Appointments

MedGem: Resting Metabolic Rate

This is a simple breathing test that lasts approximately 10 minutes. It calculates the number of calories your body burns while at rest and is useful for determining a safe and sustainable calorie deficit that will promote weight loss.

To prepare for the test...

- Do not eat or drink anything, except water, for at least 4 hours prior to test.
- No exercise for at least 4 hours prior to appointment.
- Do not consume caffeine or supplements for at least 4 hours prior to appointment.
- Do not use any form of nicotine for 1 hour prior to appointment
- Continue to take your regular prescription medications.

Note: Discontinue any appetite suppressant medications 2 days prior to your appointment.

DXA Scanner: Body Composition Analysis

The DXA Scanner is a state-of-the-art diagnostic test used by many professional athletes to monitor lean muscle mass. Patients lie on a flat surface for a few minutes while a computer scans the body and calculates the percentage of fat, lean muscle, water, and other body tissues. This is an essential test to ensure fat and not muscle is being lost during the reducing phase.

To prepare for the test...

- Remove all metal jewelry
- No metal on or in clothing including zippers and underwire bras
- We recommend sweatpants, t-shirts, and sports bras for women

ECG: Electrocardiogram

This quick and easy test involves placing several adhesive sensors on various points on the chest in order to record the heart's rhythm. This valuable test helps Doctors determine whether or not certain medical treatments are appropriate. No special preparation is needed but please let your Provider know if you have heart issues or have a pacemaker.

Labs: Blood work done at an outside laboratory

Your Bariatrician will usually require lab work to determine baselines and to help diagnose or rule out metabolic issues.

To prepare for the test...

- Do not eat or drink anything, except water, for at least 4 hours prior to test.
- Lab slip from your Provider is required