



The Aesthetic &  
Wellness Center  
*Restoring your health and beauty*

5219 State Rd. 64 East, Bradenton, FL | 941.749.0741

## **INFORMED CONSENT FOR RESTING METABOLIC TESTING**

I, \_\_\_\_\_ hereby consent to engage voluntarily in the testing of my Resting Metabolic Rate (RMR) at The Aesthetic & Wellness Center.

This test measures the oxygen that the body consumes. Resting metabolic rate (RMR) is the number of calories you burn while you are resting and not engaging in any type of exercises. Because the RMR typically accounts for 60 to 70 percent of a person's total daily energy expenditure, knowing your RMR

The test is performed by breathing through a disposable mouthpiece that is connected to Resting Metabolic Rate equipment. A nose clip is used to assure that all air passes through the mouthpiece.

You will continue to breathe through the mouthpiece for 10 minutes. This test is painless and requires minimal pre-preparation. To the best of our knowledge, there are no known health risks associated with an RMR evaluation.

I have read this form, and I understand the test procedures that I will perform and the attendant risks and discomforts. Knowing these risks and discomforts, and having had an opportunity to ask questions that have been answered to my satisfaction, I consent to participate in this test.

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Patient Signature



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## **RESTING METABOLIC TEST INSTRUCTIONS**

### **Before the Test**

It is desirable to measure a person's metabolic rate at a true resting level. To ensure one is at rest, we recommend the following preparation:

1. Avoid eating a meal 4 hours before the test.
2. Do not engage in any strenuous exercise the day before the test and avoid physical activity as much as possible on the morning of the test.
3. Dress comfortably in loose fitting clothing.
3. Avoid stimulants such as caffeine or cold medications. Prescriptions medications should be taken according to schedule.

### **During and after the Test**

1. During the test it will be important to get into a comfortable position and relax as much as possible.
2. A nose clip will be placed on your nose.
3. You will be given a mouthpiece to breathe in to. You will be breathing in fresh air from the room, but the gas that you breathe out will go through a tube into the metabolic analyzer to measure your metabolic rate.
4. Make a nice seal with your lips around the mouthpiece to ensure that all the air you exhale will be analyzed.
5. Do not talk unless you are experiencing problems.
6. Relax. After about 10 minutes the device will beep, indicating it is finished.
7. Plan to have a snack or breakfast after the test.

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Patient Name

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Signature

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Patient Signature