



Resting Metabolic Rate Test Instructions

Indirect calorimetry measures oxygen consumed by the body and is able to calculate the amount of calories your body requires to maintain itself in a steady state with no gain or loss of weight. This is your resting metabolic rate or RMR.

What to do the day of the test:

- No caffeine on test day – room temperature water only
- No exercise on test day
- Fast overnight before the test
- Rest 15 minutes in the clinic prior to the test

1. **RELAX:** This test measures resting metabolic rate. It is important that you be able to reach a resting state during your test. You should avoid activities that will prevent you from relaxing (such as exercise or stressful situations) for at least four hours prior to your test. Digesting a large meal, as well as taking stimulants, such as caffeine, can raise your metabolic rate and should be avoided prior to your test.
2. **SIT:** Once you arrive, you will be able to sit comfortably while being tested. The technician will place a nose clip on your nose and you will be given a disposable mouthpiece to breathe through. This mouthpiece is connected to the machine by a hose that will measure how much oxygen you are breathing out. It is very important that you breathe only through the mouthpiece so this measurement will be correct. Both the mouthpiece and the tubing are single use items that will be used only for your test and then discarded.

BREATHE: Finally, you just sit back and breathe. The indirect calorimeter will indicate when it has calculated your metabolic rate. The test typically takes anywhere from 5-10 minutes. The more relaxed and even your breathing, the quicker the machine will be able to determine your metabolic rate. It will then print out your results.

IT IS JUST THAT EASY!!! In just 10 minutes, you can learn how many calories your body normally burns at rest. Your RMR will be used to personalize your treatment plan.

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