

Nutrition Clinic Outpatient Appointment Reminder

Name:

Date:

Time:

Type of Appointment: MEDGEM Test (Resting Energy Expenditure, REE)

Prior to Testing Protocol:

1. Fast at least 4 hours prior;
2. Sips of water are permitted; no other fluid permitted;
3. Take scheduled medication on time;
4. Do not take herbal supplements at least 8 hours prior containing ephedra, caffeine or other types of stimulants as this will hinder the accuracy of the results;
5. No exercise at least 4 hours prior
6. No tobacco or alcohol products at least 4 hours prior

Since you will be fasting for at least 4 hours prior, please bring snacks and a beverage to your appointment so you can eat after the MEDGEM test.

If you have any questions, call the Nutrition Clinic at 757-953-2631.