

For this appointment

1. In the three days that lead up to your test, please eat and drink normally and be as physically active as you usually are.
2. Please do not have anything to eat or drink (**except water**) after 10 pm on the evening before your test.
3. On the morning of the test do not have anything to eat or drink (do drink water and take any medication prescribed to you).
4. We will ask you to provide a urine sample **when you arrive** (please do not bring a prepared sample).
5. Please do not smoke, chew nicotine gum or wear a nicotine patch either on the morning of your test or during the test.
6. During the 3-hour visit you will have some measurements taken, such as your height, weight and blood pressure. We will ask you to drink a harmless glucose drink and you will have 2 blood samples taken.
7. We will measure your body composition with a DXA (dual x-ray absorptiometry) scan. You will be asked to lie flat while the scanner arm moves over the top of your body, well above you. The scan is pain free and non-invasive, and the equipment does not enclose you. We will also measure your body composition by ultrasound technique. The measurement will be taken while you lie down - a small amount of harmless gel will be placed on your midriff whilst a probe is moved over your skin.
8. We will measure your fitness level, which will involve walking and possibly light jogging on a treadmill for **up to** 20 minutes and a step test, which will take about 10 minutes. You will be asked to wear a hollow mask during this test, through which you will breath normal room air. You are free to stop at any time.
9. We will ask you to wear a small monitor for 6 days including some nights to measure your physical activity level. On the day of the test please do not apply any body lotion or any creams on your chest since these may cause poor connection for the monitor. For the purposes of attaching the monitor it may be necessary to shave a small amount of chest hair.
10. We recommend you wear loose, comfortable clothing and flat shoes. Tracksuits and other attire without metallic parts (e.g. Zippers, buttons, belts) are preferred. You will be asked to remove necklaces, watches, bracelets and spectacles during the DXA scan. Please bring reading glasses if you need them.
11. If you take any tablets or medications bring either the prescription form or a list of name(s) and dosage.
12. We would like to know your birth weight if you can find this information prior to the visit that would be very helpful.
13. If you have had any x-ray procedures within the last week that used contrast media (e.g. barium, iodine injection) please contact the study office. If you think you might be pregnant please contact the study office.

Travel costs will be reimbursed, so please keep a record of the mileage etc.