

TESTfacts

An Educational Health Series From National Jewish Health®



Indirect Calorimetry

What is Indirect Calorimetry?

Your doctor has suggested you have an indirect calorimetry test as part of the evaluation here at National Jewish. An indirect calorimetry test requires two simple 10-minute breathing tests. It measures your daily resting energy expenditure (your calorie needs at rest). The handheld calorimeter measures oxygen consumption. This translates into your actual metabolic rate. This test replaces predictive measures. The test results will provide you with an individualized calorie goal that can help you meet your weight management goals.

How do you get ready for the test?

Test preparation requires that you/your child have no food, calorie-containing drinks, or caffeine 4 hours before the test. Water and caffeine-free, calorie-free drinks are allowed. Avoid exercise for 4 hours prior to the test.

What is done during the test?

During this test, you breathe into a mouthpiece on a handheld device while sitting at rest. The device is portable so it will take place in the dietitian's office. If you are an inpatient the test will take place in your room.

How long will the test take?

The appointment will take about 30 minutes.

How do you get to your test?

On the day of your scheduled test, report to the clinical nutrition check-in. It is located in the basement of the May building. If you are an inpatient, the test will take place in your room. If you have questions please call 303-398-1889.

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