

# Human Metabolism Research Unit

What is the HMRU whole body calorimeter?

The whole body calorimeter consists of two bed sit rooms, a shower room and monitoring area. On arrival you will be given an outline of the timetable for your stay. You will have a tour with full instructions of your room and its facilities

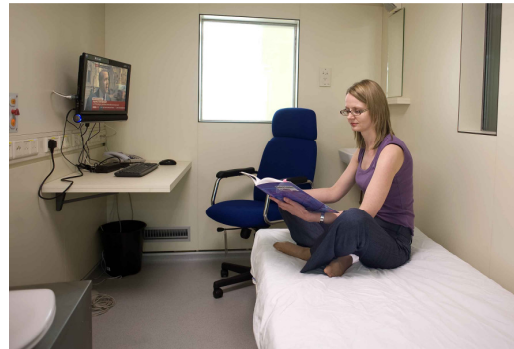
What facilities are there during my stay?

Each room has a **desk, chair, fold down bed, toilet, sink, telephone** and an internet connected **computer/television**. An **exercise step** is provided for light exercise or as directed by your researcher. There is an intercom to speak to the resident in the second room as well as the staff.

There are three windows; one with an outside view, one to the neighbouring room and one in the door.

There are three two-way hatches which are air locked. These are used for passing food, urine samples and taking blood tests. Only one side of the hatch can be opened at a time.

The rooms are very quiet with noise only from the fans and the toilet.



What do I need to bring with me?

- Reading material if desired
- Nightwear and toiletries- no aerosols please
- Usual medication, if any.
- change of clothing and towel if you wish to shower at the end of your stay
- Outdoor clothing and extra belongings can be stored in a secure locker
- Do not bring any food or drinks – these will be provided

**HMRU is located on the Ground floor of UHCW outside Ward 2**

You have been asked by your researcher to stay on the unit for a set time usually between 8 and 36 hours. **During this time you will be required to stay in your room with the door closed.** This enables very accurate measurements to be taken from the surrounding air.

Fresh air is constantly circulating and temperature and humidity is regulated. Please inform the staff if you are too warm or cold.

A fire alarm is in your room. You will be given instructions as to what to do in an emergency.

You may, of course, leave at any time if you no longer wish to participate. Simply open the **door**, it is **never locked**.

## What do I need to do before arrival?

- Please do not exercise for 24 hours - arrive by public transport or car.
- While in HMRU you will not be able to drink caffeinated drinks (e.g. tea or coffee), alcohol and fizzy drinks – you may want to gradually reduce your intake of these before this if necessary.
- Do not eat or drink anything except water **for 12 hours before** arrival.

### Comments

If you have any comments on your stay in HMRU then please let your researcher or HMRU staff know. We would like to use your experience to help future users of the Unit.

We look forward to meeting you.

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Published	January 2012
Review	January 2013
Version	1
Reference No	HIC/LFT/1399/12

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476965621 and we will do our best to meet your needs.

The Trust operates a smoke free policy

We hope this information will help to prepare you for your visit to the Human Metabolism Research Unit. If you have any further questions, please do not hesitate to contact the staff at the Unit on 02476 96 5621

[www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)



# Welcome to the Human Metabolism Research Unit (HMRU)

## Whole Body Calorimeter

### Information Guide

Please read carefully before your visit

University Hospitals   
Coventry and Warwickshire  
NHS Trust