

Welcome to the Human Metabolism Research Unit BodPod

Information Guide

**You have been asked to have a measurement in the BodPod.
Please read this information carefully before your visit.**

The BodPod is located in the Human Metabolism Research Unit on the ground floor of University Hospital, outside Ward 2

What is a BodPod?



The BodPod is a very accurate method of measuring your body composition. It does this by calculating your weight and volume (measured by air displacement) to determine body density. Your body fat percentage is determined from density and this and other measurements will be used by your researcher.

What will I be asked to do in the BodPod Room?

You will first be asked to change into swimwear or close fitting underwear. There is a screen and couch provided and no one will be permitted to enter the room while testing takes place.

You will be asked to stand on some weighing scales with your back towards the wall. It is very important that you stand very still for this measurement.

You will then be asked to sit very still in the BodPod for approximately five minutes in total while measurements are being taken.



Patient Information

At the end of the test you are free to get dressed and leave the room.

What do I need to wear?

- Please bring close fitting swimsuit or underwear.
- A cap will be provided to cover your hair

How safe is the Bodpod?

The BodPod equipment is very safe and used only by those with appropriate training.

The operator will open and close the door several times during the procedure. **Please do not try to help. Keep your hands on your lap and away from the door at all times.**

There is an emergency button if you want the door to open at any time.

The BodPod is very quiet, however, when the door is closed a 'popping' sound can be heard after approximately 30 seconds.



We hope this information will help to prepare you for your visit to the BodPod at the Human Metabolism Research Unit. If you have any further questions, please do not hesitate to contact the staff at the Unit on 024 7696 5621

Comments

If you have any comments on your visit to the HMRU BodPod 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.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5621 and we will do our best to meet your needs.

The Trust operates a smoke free policy.



Document History

Author	Alison Campbell
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Contact Tel	25621
Published	January 2012
Reviewed	
Review	January 2013
Version	1
Reference No	HIC/LFT/1398/12