

# Welcome to the Human Metabolism Research Unit (HMRU)

## Information Guide

**You have been asked by your researcher to attend University Hospital's Human Metabolism Research Unit. Please read this information carefully before your visit.**

### What is the Human Metabolism Research Unit (HMRU)

The Human Metabolism Research Unit (HMRU) is a dedicated research unit run by University Hospitals Coventry and Warwickshire NHS Trust (UHCW) in partnership with Warwick Medical School. It includes a unique two room Whole Body Calorimeter.

**HMRU is located on the ground floor of University Hospital, outside Ward 2**

### What facilities are there during my stay?

The Whole Body Calorimeter has two bedsit 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 about your room and its facilities.

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.



## Patient Information

### What do I need to bring with me?

- Reading materials if desired, such as book, newspaper etc
- Nightwear and toiletries - **no aerosols** please
- Usual medication, if any
- Towel and change of clothing 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

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.

There is a fire alarm 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**.

### Are there any special preparations required?

- Please do not exercise for 24 hours
- Arrive by public transport or car, do not walk any distance to the Unit
- While in the HMRU you will not be able to drink caffeinated drinks (for example, 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, positive or negative, about your stay in the HMRU, 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.

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 024 7696 5621

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.

# Patient Information



[www.advantagewm.co.uk](http://www.advantagewm.co.uk)

## Document History

Author	Alison Campbell
Department	Research and Development
Contact Tel	25621
Published	January 2012
Reviewed	
Review	January 2013
Version	1
Reference No	HIC/LFT/1399/12