

INSTRUCTION SHEET: The Fenland Study – Phase 3

1. In the three days leading up to your clinic visit, please eat and drink normally and be as physically active as you usually are.
2. **The evening before your test:** Please do not have anything to eat or drink (except water to remain hydrated) after 10 pm. Please take any medication prescribed to you. **If you have diabetes, please refer to the specific instructions below.**
3. Ensure you bring your wrist-worn accelerometer with you, along with the plastic box it was posted in.
4. We will ask you to provide a urine sample when you arrive. Please do not bring a urine sample with you.
5. Please do not smoke, chew nicotine gum or wear a nicotine patch on the morning of or during the clinic visit.
6. During your clinic visit we will ask you to drink a harmless glucose drink and you will have blood samples taken at 2 time points (before the glucose drink and 2 hours after). You will have some measurements taken, such as your height, weight and blood pressure.
7. We will measure your body composition with a DEXA (dual energy x-ray absorptiometry) scan. You will be asked to lie flat while the scanner arm moves over the top of your body, approximately a foot above you. The scan is pain free and non-invasive, and the equipment does not enclose you. We will also record some images of your liver using ultrasound technique. The measurements 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 on a treadmill for up to 15 minutes, if you are eligible. You are free to stop at any time. Alternatively you may be asked to perform a self-paced walk test.
9. We recommend you wear comfortable clothing and shoes that you are happy to exercise in. Trainers are desirable. Tracksuits and other attire without metallic parts (e.g. Zippers, buttons, and belts) and reflective material are preferred. You will be asked to remove (if you can) any metallic objects such as rings, necklaces, watches, bracelets and spectacles before the DEXA scan.
10. Please bring reading glasses if you need them.

11. If you have had any x-ray procedures within the 4 weeks before your appointment date 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.
12. Travel costs will be reimbursed, so please keep a record of the mileage etc.
13. Claims for over 166 miles round trip or public transport costs over £50 will need to be agreed by the study coordinator prior to the visit. A bank statement (payments will be redacted) clearly showing name, address, bank account number and sort code will need to be provided in order to process the claim.

Instructions for people with diabetes

- a. If you are **controlling your diabetes only by changing your diet and physical activity**, please fast from 10pm on the evening before your clinic visit. On the morning of the clinic visit, do not have anything to eat or drink. Do drink water so that you are hydrated. We will only take a fasted blood sample and you **will not** drink the glucose drink.
- b. If you **are taking oral medication only to control your diabetes**, please fast from 10pm on the evening before your clinic visit but do not take your glucose lowering medication on the morning of the clinic visit. On the morning of your clinic visit, do not have anything to eat or drink. Do drink water so that you are hydrated. We will only take a fasted blood sample and you **will not** drink the sugary drink.
- c. If you **are taking insulin to control your diabetes**, please **do not fast** from 10pm. You should eat breakfast as normal and take your insulin and any other medication as normal. We will only take an initial blood sample and you **will not** drink the sugary drink.