

Women's Health Initiative
Nutritional Biomarkers Study
FREQUENTLY ASKED QUESTIONS

(These questions may arise during the telephone screening and during the consent process in the clinic)

1. What is the special water?
This is heavy water. It tags the water so that we can measure water metabolism and how many calories you burn. There are no known hazards other than a few minutes of dizziness that affects about 1 person out of a hundred. It is considered so safe that it has been used in babies as small as 4 lbs.
2. Is the water radioactive?
No, the water contains safe, nonradioactive, stable atoms of oxygen and hydrogen. These are not toxic and passed from your body within a month.
3. Do I have to take anything?
Yes, heavy water. See #1 for details
4. Why can't I eat breakfast?
This will increase the time it takes for the heavy water to be absorbed into your body and enter your urine.
5. Can I drink xxx before I come? (fill in the blank)
You may have a glass of water or a cup of DECAFFINATED coffee. You may NOT add cream or sugar (artificial sweeteners are OK) or drink beverages that contain sugar or other calories.
6. But I can't function without my coffee (tea).
Most people do OK if they have a cup of DECAFFINATED coffee or tea in place of their regular brew.
7. Can I eat xxx before I come in? (fill in the blank)
No, you can brush your teeth, but eating any foods during the time we tell you to fast will affect the tests.
8. What if I can't produce a urine specimen at the time prescribed?
You can have a few ounces of liquid and wait a little while. Ask the study staff and they will give you a small amount of a beverage. Having the accurate time and date is more important than having the specimen collected right at the requested time.
9. How long will each visit take?
Visit 1-about 5 h. (the visit when the participant drinks the doubly labeled water)
Visit 2-about 2 h. (the visit during which the blood is drawn and the final urines produced)

10. What if I work and can't collect all my urine while I am at work?

We can try to schedule your appointments to accommodate your work schedule. For instance, if you do not work on Sunday or Monday, you could collect your urine at home on Sunday and come to the clinic on Monday.

11. What is the PABAcheck pill?

This is a B-vitamin that is excreted in your urine. We can measure it and it helps us know how complete the urine collection was.

12. Will I still do my regular WHI Annual Visit?

Yes – you will still have your Annual Visit. We only need to have you give urine specimens once an hour. There will be plenty of time in between the urine collections to conduct the Annual Visit.