4M Study  
6-Month Visit Details & Driving Directions

Visit Breakdown

The day of the visit

The six month study visit takes approximately 1 – 1 ½ hours and requires no infant feeding or breast milk collection. The visit takes place in the same building on the second floor in the CTSI (Clinical and Translational Science Institute). You will park in the same lot behind 717 Delaware and Laurie will meet you with a parking pass.

Your baby will be weighed and we will obtain the same standard body measurements (weight, length, circumferences, and skinfold measures) that we performed at the one and three month visits with the tape measure and the calipers.
Your baby will also have his/her body composition measured using a dual energy x-ray absorbency (iDXA) to determine the amount of fat, muscle, and bone in your baby’s body. Your baby will be swaddled in a blanket and placed on the scanning table for ≈3-4 minutes while the machine takes the measurements. You will be in the same room as your infant during this test.
Starting the iDXA measurement

Baby relaxing during the iDXA!
We will also do a heelstick on your baby to obtain a small sample of blood to measure C-peptide, which is a marker of blood insulin. In order to make the heelstick as comfortable as possible for your baby, we will be putting a heating pad on his/her heel for several minutes before the stick and we will be giving baby a 24% sucrose solution on a pacifier 2 minutes before the heelstick. **If you have a pacifier, please remember to bring it with you to the visit.** If you do not have one, we can provide one for you.

![All done!](image)

We will take a poop sample from your baby's diaper at some point during the visit if possible. If not, then we will send you home with a postage paid collection kit to mail back in to us.

You will fill out infant health and feeding questionnaires on the iPad as you have done in prior visits. We will also record your weight. If you have any questions about the procedures completed during this visit, contact us at mnmoms@umn.edu. Thanks!
Driving Directions & Parking Instructions

Visit Location:
Center for Neurobehavioral Development (CNBD)
University of Minnesota, East Bank
717 Delaware Street
Minneapolis, MN 55414

Directions & Parking
Research participants should park in the CNBD parking lot located behind the 717 Delaware St. Building. A study staff member will meet you with a parking permit in the lobby on the 1st floor. Due to construction of the Central Corridor Light Rail along Washington Ave, the best way to reach our location is via I-94. If you need directions from another highway or from Mississippi River Blvd, please let me know.

From Interstate 94:
Take the Huron Ave exit. Take a left at the first stoplight onto Fulton Street. Continue on Fulton Street until you come to Oak Street. Take a right. Continue on Oak Street until you come to a stop light at Delaware Street. 717 Delaware St. Building is located on the corner of Delaware and Oak Street. Continue straight through the stop light and enter the parking lot on the left behind the building.