



Protocol for the MEAD procedure:

1. Mead test is best done at least one hour after a meal.
2. Avoid alcohol and caffeine for 4 hours prior to procedure.
3. Rest for one hour after active sports, such as swimming, calisthenics, running, etc.
4. It's recommended that you rest for 15 minutes after you arrive at Queen's Health Center II. (Please arrive on your scheduled appointment time.)
5. Please REMOVE all jewelry and metal items-watches, earrings, rings glasses, including body piercings.
6. Women please avoid wearing pantyhose.

Skip Coffee Enema on day of procedure.

Instructions for the BIA Procedure:

1. BIA procedure is best done at least 4 hours after a meal.
2. Avoid alcohol for 24 hours, diuretics for 12 hours, caffeine, and all anxiety medications for 4 hours prior to procedure.
3. Avoid exercise for 12 hours prior to procedure.
4. Starting 1 hour before the procedure, drink at least 32 ounces (1 quart) of water.
5. Remove all metal things-watches, earrings, eyeglasses, etc. from the body including body piercing. Metal objects will affect the results.
6. Women avoid wearing pantyhose.

Note: Skip coffee enema on day of procedure.