



Protocol for the MEAD test:

1. This test should be done at least one hour after a meal.
2. Avoid alcohol and caffeine for 4 hours prior to testing.
3. Rest for one hour after active sports, such as swimming, calisthenics, running, etc.
4. You must rest for over 15 minutes after you arrive at the Queen's Health Center. Please arrive on time.
5. Please REMOVE all jewelry and metal items—watches, earrings, rings glasses, includes body piercings.

If you wear energy patches, discs, or bracelets, please take them off at least ½ hour before the test.