

Body Composition Assessment Protocols

Introduction

To ensure the most precise and reliable body composition measurements, please follow the new protocols outlined below before your scheduled appointment.

Preparation Guidelines

1. Arrive Early

Please arrive 15 minutes prior to your appointment time. This will allow you sufficient time to check in, complete any necessary paperwork, and, if needed, use the washroom to empty your bladder.

2. Fasting Requirements

For morning appointments, please fast overnight. You may have a glass of water in the morning. For afternoon appointments, maintain a fast for at least five hours beforehand, with only minimal water intake.

If you are diabetic or are required to take medication with food, you may have a light snack that weighs less than 500 grams.

3. Procedures to Avoid

Avoid any procedures with contrast media for two weeks prior to test. (MRI, CT scan, barium enemas, barium swallows)

4. Exercise Restrictions

If your appointment is in the morning, please avoid any exercise starting from noon the previous day. For afternoon appointments, refrain from exercising after 5:00 p.m. the day before your scheduled scan.

5. Avoid Certain Substances

Please avoid consuming caffeine and alcohol for at least 24 hours prior to your appointment.

6. Consistency for Follow-Up Scans

For follow-up body composition scans, it is important to schedule future appointments at times close to your previous scans to ensure consistent results.