**BODPOD PROTOCOL**

Patient protocol must be followed to insure successful test results:

**Eating and Exercise:**

No food, water, or exercise for at least two (2) hours prior to testing.

**Body Temperature:**

Patient should be dry, relaxed and at normal body temperature.

**Jewelry and Accessories:**

Remove all jewelry, eyeglasses, and other types of accessories.

**Minimal Clothing:**

For **MEN** this includes:

- Form fitting Speedo or other Lycra/Spandex type swimsuit
- Single Layer compression shorts without padding

For **WOMEN** this includes:

- Form fitting Speedo or other Lycra/Spandex type swimsuit or
- Single-layer compression shorts and sports bra without padding.

**Swim Cap:**

A swim cap will be provided to compress the hair on the head.