BIA preparation checklist

Prepare for your InBody test by following these steps:

____ 1. Hydrate well the day before.
____ 2. Remove all jewelry, shoes, socks and pantyhose.
____ 3. Stand upright for at least 5 minutes prior to testing.
____ 4. Avoid drinking caffeine on day of your testing.
____ 5. Avoid eating 3–4 hours prior to testing.
____ 6. Use the restroom prior to testing.
____ 7. Avoid exercising 6–12 hours prior to testing.
____ 8. Avoid consuming alcohol for 24 hours prior to testing.
____ 9. Avoid InBody testing right after a shower or sauna.
____ 10. Avoid using lotion on hands or feet.
____ 11. If testing in the winter, warm yourself up for 20 minutes prior to testing.
____ 12. Avoid testing if you are pregnant or menstruating.
____ 13. Avoid testing if you have medical implants such as pacemakers or other life-sustaining medical implants.