



Main Line Health[®]
Integrative and Functional
Medicine Services

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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.