

Please follow the following instructions for your upcoming Bio Impedance Analysis Test to ensure the most accurate body composition and fluid analysis results. Thank you.

1. Fast 4 hours before appointment.
2. Drink 2-3 8 oz. glasses of water within 3 hours of your appointment. Don't drink it all just before the appointment. Space it out.
3. No exercise 24 hours before appointment.
4. No alcohol 24 hours before appointment.
5. Women: No under wire bras. Soft type only or no bra.
6. Remove all metal from anywhere on body before appointment. Don't wear jewelry to appointment if possible, except a watch which can be removed before the test.
7. No lotion on the body before appointment. Shower morning of appointment to remove lotion from previous day.
8. If you are taking BioCleanse or Ultra Clear Plus Ph, please go off it two days prior to testing. All other supplements and medications are okay to take before testing.
9. Wear clothes that are comfortable. Please wear clothes without zippers. Women: Pantyhose will be a problem and will have to be removed before the test. If possible, do not wear to the test. Men: Belts will have to be removed before testing.