



Preparation for bio impedance

- Have the same amount of fluid intake the day before (don't forget about food like soups and smoothies)
- No drinking 45 min prior to the test
 - If you feel dehydrated take 16 to 20 oz of water 45 min prior to the test
- No eating 3-4 hours before the test
- No exercise, alcohol or extra coffee 24 hours before the test
 - Try to keep the same routine
- Use the bathroom prior to the test
- No shower or use the sauna right before the test
- Don't use lotion or cream on your hands and feet
- No pacemaker allowed
- Do not test during menstrual cycle, but if you do make sure future tests are around the same time of your cycle
- No testing during pregnancy
- If you are cold, warm up for 20 minutes before the test
 - Room temperature should be between 68 to 77 degrees F (20-25 degrees C)
- Your socks and pantyhose need to be removed before the test
- Remove all heavy objects and metallic items like jewelry, watches, belts, wallets and vest/jackets
- Clean hands and feet before the tests to help conductivity.
- You will need to stay upright for at least 5 minutes before the test