

Body Composition Analysis

How to ensure accurate InBody Test results

For the most accurate test results, follow the short steps below. If the following guidelines cannot be met, test results may be skewed. Testing under the same conditions will allow for better comparability between tests.

Prior to testing, do:

- ✓ Hydrate well the day before
- ✓ Remove all metal objects (jewelry, watches belts, etc.)
- ✓ Remove shoes, socks, pantyhose and heavy articles of clothing

Prior to testing, avoid:

- ✗ Do not eat for at least 3 hours
- ✗ Do not exercise for at least 3 hours
- ✗ Do not consume caffeine or alcohol for 24 hours
- ✗ Do not put lotion on your hands or feet
- ✗ Do not use a sauna for at least 2 hours
- ✗ For females, do not test if you are menstruating as the results could be skewed.
- ✗ Do not test if you have a life-sustaining medical implant such as a pace maker or defibrillator **

Testing:

- ✓ Testing takes approximately 5 minutes to complete. The remainder of your appointment will involve the exercise physiologist reviewing your test results.

***** Patients that have a pacemaker are NOT able to receive the InBody test. The electrical currents used by the InBody to measure body composition have the potential to interfere with pacemaker/ ICD function.***