

Preparation

Prepare for your InBody Test by following these steps:

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