

# Before your InBody Scan...

## Guidelines For A Precise Measurement

### 1. Never scan immediately after exercise.

The analysis must be carried out before exercise and ideally on an empty stomach and bladder.

### 2. Always use the same height

The same height measurement is to be used for each adult in follow up scans. This ensures the same parameters are present to achieve consistent and precise measurements.

### 3. No showers or saunas

The analysis should not be carried out after a shower or the use of a sauna as sweat and heat causes a temporary change in conductivity within the body.

### 4. Wear comfortable clothing

Ideally wear comfortable clothing and remove all jewellery and excess items like jackets, metal belts and watches where possible.

### 5. Test under similar conditions

To effectively track and monitor results, subsequent testing should be carried out under similar conditions. (i.e. similar clothing, testing time, before eating or exercising etc.)

### 6. Use an InBody tissue

Thoroughly wipe the palms and soles with the InBody tissue before testing, as conductivity is of paramount importance.

### 7. Avoid talking

Avoid contact and talking during the analysis, this may lead to interference affecting test results.

### 8. Other Considerations

It is important to note that body composition results will be affected in the case of pregnancy, breast augmentation, irremovable piercing, metal plates, pins, screws, metal prosthetic joints or where a pacemaker, defibrillator or nerve stimulator are present. It is not advised to scan if you are pregnant or have a pacemaker.

At InBody we always suggest a qualified health care professional should be consulted to effectively evaluate your overall scan, particularly if any abnormalities are noted.