

BIA TESTING PROTOCOLS

If you cannot answer YES to all of the questions below, please let your technician know prior to testing.

- I have an empty stomach.
 - I have used the restroom recently.
 - I have not had caffeine or beverages that function as a diuretic for four hours.
 - I drank two 8-ounce glasses of water about two hours ago.
 - I have not had a bath, sauna, hard work out in the past 24 hours.
 - I have not had alcoholic beverages for the past 24 hours.
 - I am wearing light weight clothes.
 - I have been standing for the past five minutes.
 - I am not on my menstrual cycle and my last test was at about the same point in my menstrual cycle as last month.
 - I have bare feet.
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