

InBody Pretesting Instructions

For most accurate results from test-to-test (i.e. for comparison), maintain similar testing conditions.

- You must NOT have done any excessive physical activity in the last 24 hours
- You must NOT have consumed caffeinated or alcoholic beverages within the last 12 hours
- Perform the body composition assessment first thing in the morning or refrain from eating or drinking 3-4 hours before the test. You may drink liquids (water, milk, juice, decaffeinated tea/coffee etc.)
- Do not exercise, take a hot shower, or use a sauna right before the testing
- Stand still for approximately 5 minutes before testing
- Use the bathroom prior to testing
- Wear light clothing for the test
- Remove all metals
- INDIVIDUALS WITH ELECTRIC MEDICAL DEVICES SUCH AS PACEMAKER OR ANY METALLIC SUPPORTS SHOULD NOT BE TESTED
- WOMEN WHO ARE PREGNANT ARE NOT RECOMMENDED TO PARTICIPATE IN THIS ASSESSMENT
- WOMEN WHO ARE MENSTRUATING ARE NOT RECOMMENDED TO PARTICIPATE IN THIS ASSESSMENT