

Preparing for Your InBody Scan

A few simple steps help keep your results consistent from scan to scan.

1 Before your appointment

- Drink your usual amount of fluids the day before; hydrate about 1 hour before your scan.
- Avoid alcohol and excess caffeine for 24 hours.
- Wait until you have fully recovered from exercise (1-3 days).
- Do not eat for at least 3 hours before your scan.

2 What to wear

- Wear light clothing. Remove heavy accessories and jewelry.
- You will remove your shoes and socks or pantyhose.
- Keep your hands and feet free of lotion or ointment.

3 Just before your scan

- Use the restroom and stand upright for 5-10 minutes.
- After exposure to hot or cold temperatures, allow 20 minutes for your body temperature to settle.

For repeat scans

Schedule at a similar time of day and follow the same preparation steps.