



Protocol for BIA test.

1. Avoid alcohol consumption 24 hours prior to test.
2. Avoid exercise 12 hours prior to test.
3. Avoid drinking caffeine the day of your test.
4. Avoid food for 4 hours before the test.
5. Drink at least 1 quart of water within 2 hours of having your test done (You may void as needed.)
6. Avoid wearing pantyhose because you will need to take them off.

If you wear energy patches, discs, or bracelets, please take them off at least ½ hour before the test.