InBody Pre-Scan Instructions

Prior to testing, DO:

- ✓ Hydrate well the day before, and the morning of the test
- ✓ Stand upright for at least 5 minutes immediately prior
- ✓ Use the bathroom
- ✓ Remove all metal objects, socks, pantyhose, shoes, and heavy clothing
- ✓ If the weather is cold, warm up for 20 minutes

Prior to testing, DON'T:

- × Eat or exercise for at least 2 hours
- × Consume alcohol or caffeine for at least 24 hours
- × Use a shower or sauna immediately prior
- × Use lotion or ointment on your hands or feet

In addition, do not test if you:

- × Are pregnant
- × Are menstruating
- × Have medical implants or other life-sustaining medical implants

And be aware:

- If you have breast implants, their weight will be added as fat mass.
- If you have metal implants, lean mass results might be skewed either up or down.