

Before and after your visit

Patient name: _____ DOB: _____ Today's date: _____

Before your test

- Tell staff if you have a pacemaker, defibrillator or another implanted electronic medical device; do not step onto the analyzer until staff has screened you. Report pregnancy or possible pregnancy and metal or cosmetic implants.
- For consistent results, wait at least 3 hours after a meal, maintain normal hydration, and test at a similar time of day. Do not skip necessary food or medicines if this would be unsafe; ask for a suitable appointment.
- Do not test immediately after exercise. InBody advises testing after recovery; recovery from hard exercise may take 1-3 days. Tell staff about recent training.
- Wear light clothing and removable footwear. Do not apply lotion to hands or feet; remove socks and heavy accessories. Use the restroom before testing.
- Stand quietly for 5-10 minutes first. Allow about 20 minutes to adjust after a very hot or cold environment.

During and after

- Follow staff instructions for bare-foot and hand contact and remain still. Tell staff if you feel unsteady; ask for assistance.
- You may resume usual activities afterward. Review the results with your clinician. Hydration, recent meals, exercise and implants can affect estimates; one reading is not a diagnosis.
- Repeat testing under similar conditions so trends are more useful. If preparation was different, tell staff rather than changing your diet or fluid intake to influence the result.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.