

Before you have a Body Impedance Analysis (BIA)

You should let your physician know if you have any of the following as they may be affected by the BIA or affect the results —

- **Pacemaker,**
- **Holter monitor (portable monitor to check your heart rate),**
- **Any artificial medical device (such as a defibrillator or artificial joint etc.), or**
- **Internal metal supports.**

Plan ahead for accurate results —

Schedule the test:

- **On day when you have no other obesity treatments such as supersonic or low, medium frequency treatment, exercise treatment, heat and water remedies, or injections.**
- **So that you avoid your menstrual period.**

Before the test:

- **Dress lightly.**
- **Do not take a sauna or a long bath.**
- **Do not eat or exercise heavily for the two hours before hand.**
- **Try to arrive with an empty bladder and bowel.**
- **Remove panty hose or socks.**
- **Stand for about five minutes.**
- **Empty your pockets.**