Please prepare for your Bioimpedance Analysis (BIA Test) by adhering to the following guidelines:

1. Do not eat for 4 hours prior to testing.
2. Do not exercise for 12 hours prior to testing.
3. Do not consume alcohol for 24 hours prior to testing.
4. Drink your usual amount of water the night before and the day of your appointment. You will be asked to empty your bladder just before the test.
5. Do not drink caffeine the day of your test.
6. Insure access to your right foot with removable footwear (no pantyhose).

Please let us know if you have any questions.

I have also attached some information about the test and the reference values to help read your test results. ***Please save this e-mail as reference for future testing.***