

How to Prepare for Your InBody Test

It is important that you take the following steps to prepare for your InBody test. This will ensure accurate results.

- Hydrate well the day before
- Do not drink caffeine on the day of your test
- Do not eat 3-4 hours prior to testing
- Do not exercise 6-12 hours prior to test
- Do not take InBody after a shower or sauna session
- Do not wear jewelry
- Do not wear clothing that covers feet and hands (e.g. nylons, tights, etc.)
- Do not take InBody Test if you have a pacemaker or other electronic medical device implanted, or are pregnant.

