



## **Accurate Clinic**

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**[www.AccurateClinic.com](http://www.AccurateClinic.com)**

### How to prepare for, and optimize your Body Composition Analysis

#### **Please follow these steps:**

- Stay well hydrated - always consume a minimum of 64 oz. of water per day.
- Remove all jewelry, socks, pantyhose and shoes.
- Stand upright for at least 5 minutes prior to testing.
- Avoid drinking caffeine on the day of your test.
- Avoid eating 3-4 hours prior to testing.
- Use the restroom prior to testing.
- Avoid exercising 6-12 hours prior to testing.
- Avoid consuming alcohol for 24 hours prior to testing.
- Avoid Body Composition testing after a shower or sauna.
- Avoid using lotion or ointment on hands or feet.
- If testing in the winter, warm yourself up for 20 minutes prior to testing.
- Avoid testing if you are pregnant, menstruating, or have medical implants such as pacemakers and other life-sustaining medical implants.

Remember: Adhere to the above steps to reap maximum accuracy of results.

For further information, please contact staff at Accurate clinic.