General Preparation for your scan

No Pacemakers - avoid the risk of electromagnetic interference

Maintain a **normal body temperature**

Avoiding hot showers or saunas before testing

Use wipes on hands and feet to ensure skin has sufficient moisture for electrical conduction

Tips for an accurate scan

Precautionary Steps

✔ Ensure a **typical volume and distribution of body water** by...



Measuring prior to exercise



Standing upright for 5-10 minutes prior to testing



Avoiding caffeine and alcohol for at least 12 hours



Avoiding testing during menstruation

✔ Improve accuracy in fat mass calculations by...



Avoiding eating and drinking for 2hrs prior



Going to the toilet beforehand



Empty pockets and remove accessories

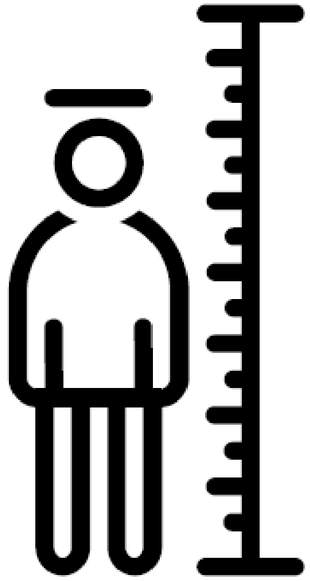


Wear light clothing

For consistent results

- ✓ Same time of day
- ✓ Same body temperature
- ✓ Same hydration status
- ✓ Same test clothing weight

and...use an **accurate height measurement** every time



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