

Before your InBody Scan...

Guidelines For A Precise Measurement

- TIP 1** **Never scan immediately after exercise**
The analysis should ideally be carried out before exercise and on an empty stomach and bladder.
- TIP 2** **Always use the same height**
The same height measurement is to be used for each adult in follow up scans. This ensures the same parameters are present to achieve consistent and precise measurements.
- TIP 3** **No showers or saunas**
The analysis should not be carried out after a shower or the use of a sauna as sweat and heat causes a temporary change in conductivity within the body.
- TIP 4** **Wear comfortable clothing**
Ideally removing any items with metal zippers, snaps, fasteners, belts and underwire bras. Please also remove all jewelery where possible.
- TIP 5** **Test under similar conditions**
To effectively track and monitor results, subsequent testing should be carried out under similar conditions. (i.e. similar clothing, testing time, before eating or exercising etc.)
- TIP 6** **Use an InBody tissue**
Thoroughly wipe the palms and soles with the InBody tissue before testing, as conductivity is of paramount importance.
- TIP 7** **Avoid talking**
Avoid contact and talking during the analysis, this may lead to interference affecting test results.
- TIP 8**
It is important to note that body composition results will be affected in the case of pregnancy, breast augmentation, irremovable piercing, metal plates, pins, screws, metal prosthetic joints or where a pacemaker, defibrillator or nerve stimulator are present. It is not advised to scan if you are pregnant or have a pacemaker.