

# InBody Testing Instructions

## Guidelines for InBody Testing

As with any health scan, following the recommended guidelines will produce reliable results. To ensure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each test:

- It is recommended to test every 2-4 weeks **under similar conditions** in order to effectively track progress.
- For example, if an initial test was taken in the morning, it is recommended to **maintain similar conditions** for subsequent tests if possible- This helps ensure that the changes observed are a direct result of recent lifestyle changes to diet and exercise, rather than external factors.

### Prior to testing

#### DO

- Maintain your normal fluid intake the day before
- Stand upright for at least 5 minutes
- Remove any socks or pantyhose
- Remove all heavy objects such as jewelry, watches, wallets, belts and jackets
- Warm yourself up for 20 minutes in cold weather
- Use the bathroom

#### DON'T

- Eat or exercise for at least 3 hours
- Consume alcohol or excess caffeine for at least 24 hours
- Use a shower or sauna
- Use lotion/ointment on your hands or feet

Once you've entered your unique ID number (your phone number) and created a profile in the InBody unit, you're ready for the scan. It will only take about 20 seconds to complete. You will receive a print out of your results. We encourage you to set up a follow up appointment with your regular LPWWC provider or our Registered Dietitian Nutritionist, Erin Kyle to help you interpret the results and make recommendations to optimize your care. We care about ALL of you and we're excited to be on this journey with you!

All the best,

Laramie Physicians for Women and Wellness Clinic