

Body composition analysis protocol

- 1. Women:** Ideally women should be tested in the middle of their menstrual cycle when water retention is at a minimum.
- 2. Hydration:** It is recommended not to consume any liquids for at least 3 hours before the examination.
- 3. Dehydration:** If body water levels are abnormally low during the test this can cause changes in the reading. It is recommended that the examinee be well hydrated.
- 4. Medication:** Some medications, especially diuretics, can cause changes in the test results.
- 5. Exercise:** Avoid physical exercise for at least 12 hours before the test.
- 6. Alcohol:** You must not have consumed alcohol 24 hours before the test.
- 7. Coffee - tea:** You should not have consumed coffee, tea or carbonated drinks at least 12 hours before the test.
- 8. Food:** The examination must be done at least 3 hours after the last meal.
- 9. Urination:** One should have urinated before the examination.
- 10. For safety reasons, the measurement cannot be performed by pregnant women or people wearing a pacemaker.**

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