

Tri-Life Health, PC

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PATIENT INSTRUCTIONS FOR BIO-IMPEDENCE BODY COMPOSITION ANALYSIS (BIA)

BIA Instructions

- No alcohol or nicotine for 24 hours before the test.
- No food, caffeine, or strenuous exercise for 4 hours before the test.
- Drink 2-4 glasses of water during the 2 hours before the test.
- Do NOT apply lotions or creams to your hands or feet.

ATTENTION: If you have a heart pacemaker or any other implanted electronic device you **SHOULD NOT** have either of these tests performed. Notify the medical assistant of any implanted electronic devices when you come in for your appointment.

Body composition analysis using the Bio-Impedence Analyzer (BIA) is an excellent tool for determining percent body fat, lean body mass, cell hydration, and the integrity of cell membrane health. We use it to help determine overall tissue wellness, hydration status, and body composition related to weight management and health status. We also use it to monitor and track changes in your health following our treatment strategies.