

# InBody Scan Test Preparation



For the most accurate results on your InBody Scan Test we recommend that you follow the guidelines outlined below for every test completed. This will ensure ideal accuracy for the testing from month to month throughout the Quantum Leap Program.

1. Hydrate normally throughout the day.
2. Avoid eating 4+ hours prior to testing.
3. Wear appropriate clothing, tight fitting shorts and a sports bra for females and just shorts for males. Avoid wearing anything with metal on it (pants with metal zippers or buttons, bras with underwire, etc.).  
Remember that you will also be taking a photo at the same time as the scan, so reign the same or similar clothing is preferred for comparison sake.
4. Be prepared to remove all jewelry, socks, pantyhose, and shoes prior to testing.
5. Avoid drinking caffeine on the day of your test.
6. Avoid drinking alcohol 24 hours prior to testing
7. Use the restroom prior to testing.
8. Avoid exercising the same day before your test is completed.
9. Avoid using lotion or ointment on hands or feet.
10. Do not shower less than 1.5 hours before testing.
11. Individual test will take about 5 minutes to complete
12. Results will be printed out for you at your appointment.

**\*\***Individuals with pacemakers or other electronic devices should not use the InBody