



BIA Testing Protocol

"We Can Help"

BIA Testing Not Suitable For:

- **Persons with implanted electronic devices, like heart pacers.**
The electric signal generated by the machine can interfere with the proper functioning of these devices.
- Children under age 18.

BIA Testing Protocol:

- No alcohol for 48 hours before the test.
 - No strenuous activity for 12 hours before the test.
 - Nothing to eat or drink [includes water + caffeine beverages] for 4 hours prior to test. [You may drink water / eat food advised if taking prescribed medications.]
 - Empty bladder 30 minutes before the test.
- * The testing is done in bare feet, so wear easily removable footwear.

Advisements:

- Follow the protocol exactly each time you have BIA testing done. Variations in protocol will make subsequent testing results inaccurate.
- Subsequent testings should be done the same day of the week, at approximately the same time of the day as your previous test.

Call And Re-Schedule Your Test If: Phone #:

- You have not followed protocol.
- You are female and are menstruating or bloated.
- You are sick or not feeling well.
- You are on temporary medications that affect your weight and body fluid levels [i.e.: anti-biotics, Prednisone, etc.]

***To Re-Schedule Call: Cheryl Ashick-Englert, Healthy Lifestyle Counsellor
519-238-1556 #237**

Factors That Can Affect Testing:

- Not following proper protocol.
- Items listed in the above section.
- Stress
- Poor Quality Sleep
- Chronic Illnesses Such As Diabetes, Fibromyalgia, Sleep Apnea, etc.
 - With chronic illnesses, testing may initially be skewed but can still be useful. The purpose of BIA testing is to monitor "trending." The first test is a base test, "trending" can still be monitored.
 - If you are not feeling well on your testing day, please re-schedule
- Fluid retention due to medications, weather, etc.
- Inadequate fluid intake – dehydration
- Poor eating habits
- Exercising before testing
- Excessive alcohol or caffeine consumption
- Herbal or prescription medications