

CAM
670 Taunton Rd. E, Unit B4B
Whitby, Ontario
(T) 905.655.7100
(F) 905.655.7155



CCIM
12 Main St. N
Markham, Ontario
(T) 905.471.9355
(F) 905.471.4348

Bioimpedance

Prepare for your Bioimpedance Analysis (BIA Test) by adhering to the following guidelines:

- a. Do not eat for 4 hours prior to testing.
- b. Do not exercise for 12 hours prior to testing.
- c. Do not consume alcohol for 24 hours prior to testing.
- d. Drink at least 1 litre of water one hour before your test (you may void as needed).
- e. Do not drink caffeine the day of your test.
- f. Insure access to your right foot with removable footwear (no pantyhose).
- g. Do not wear hand/body lotion on your right hand and right foot.