

Pre-Test Instructions

To ensure the most accurate results possible, please follow these instructions:

1. Wear loose-fitting, comfortable clothes that will easily allow for participation in exercise tests.
2. Abstain from eating at least 4 hours before testing (if you experience hypoglycemia because of diabetes, you may have a light, healthy snack of protein and carbohydrate combination 2-3 hours before the test).
3. Avoid strenuous exercise for 24 hours before the test.
4. Abstain from consuming caffeine-containing products for a minimum of 12 to 24 hours before the test.
5. Abstain from using products containing nicotine for at least 3 hours before the test.
6. Sleep for at least 6 to 8 hours the night before the test.
7. Take medications as prescribed on their usual schedule.

For the Bioelectrical Impedance Analysis to estimate percent body fat, please follow these instructions:

1. Drink plenty of fluids over the 24 hour period preceding the test; however, to ensure accuracy, do not drink any fluids within 4 hours of the test.
2. Do not consume alcohol within 48 hours of the test.
3. Completely void your bladder by urinating within 30 minutes of the test.
4. Do not take any nonprescribed diuretics within 7 days of the test.
However, if you take prescribed diuretics for hypertension or other health problems, continue taking them as prescribed.