



## Optimal Body Composition Pre-Test Preparation

To ensure best results ask your patients to observe the following pre -test guidelines:

- No alcohol consumption within 24 hours prior to taking the test.
- No exercise within 4 hours prior to taking the test.
- No caffeine or food within 2 hours prior to taking the test
- Drink 2 to 4 glasses of water 2 hours prior to taking the test.

**\*\* It is important to follow these pre-test guidelines every time you prepare to have your body composition tested to ensure accuracy and consistency\*\***

If the following describes you this testing is not to be performed :

1. Pregnant women
2. Persons with any implantable electronic device
3. Persons with diagnosed heart problems

Even though there is no historical or clinical evidence has suggested th at bioimpedance testing is unsafe for pregnant women or persons with preexisting heart conditions. However, an extra measure of caution is always warranted in these cases and as such, the Optimal Body Composition program at Optimum Function is not for those who are pregnant.

There is also no historical or clinical evidence that pacemakers are affected by bioimpedance testing, pacemaker manufacturers recommend that persons with pacemakers should avoid external electrical currents. Bioimpedance testing will not damage a pacemaker but those with pacemakers are not eligible for the Optimal Body Composition program at Optimum Function .

Those with surgical metal hardware may not be eligible; this is decided on a case by case basis.

I \_\_\_\_\_(print your name), have read the above preparatory steps and restrictions and agree to adhering to them before my test. I also certify that I am neither pregnant nor equipped with any implanted electrical devices and if I have any surgical metal equipment in my body, I will alert Dr. Irving before this procedure is performed. I consent to these terms and to having the BioMarkers 2000 bioimpedance analysis performed at Optimum Function.

Signed:\_\_\_\_\_

Date:\_\_\_\_\_