

Pre-Test Preparation and Waiver Form

Precautions:

Bio-impedance testing is clinically proven and safe. Powered by power adapter, analyzers apply a test current of less than one milliampere (800 μ A). This test current is below the patient's sensory level.

The test current (800 μ A at 5,50,500 khz) is below the Association for advancement of Medical Instrumentation's standard (ES1-1985), for "Safe Current Limits."

However, we recommend that bio-impedance testing not be performed on the following patients without physician supervision:

Persons To Be Tested Only With Physician Supervision

- **Pregnant women**
- **Persons with any implantable electronic device**
- **Persons with diagnosed heart problems**

No historical or clinical evidence has suggested that bio-impedance testing is unsafe for pregnant women or persons with pre-existing heart conditions. However, an extra measure of caution is always warranted in these cases and is recommended.

While there is no historical or clinical evidence that pacemakers are affected by bio-impedance testing, pacemaker manufacturers recommend that persons with pacemakers should avoid external electrical currents.

However, bio-impedance testing will not damage a pacemaker.

Also when testing on the patients who inserted prosthesis and metal pins into legs or arms, the test result may not give accurate measurements.

I have read and understand this release and I choose to/choose NOT (please circle) to have this test performed

How to Prepare for your body composition analysis visit

DO'S AND DON'T'S TO GET YOUR MOST ACCURATE TEST:

- **Prior to Test: PLEASE AVOID:**
 - *Exercising 6-12 hours prior*
 - *Eating 3-4 hours prior*
 - *Consuming alcohol or caffeine 24 hours prior*
 - *Using a shower or sauna within 2 hours due to changing in body temperature*
 - *Using lotion or ointment on hands or feet*
- **Prior to Test: PLEASE DO:**
 - *Hydrate well the day before*
 - *Stand upright for at least 5 minutes for circulation*
 - *Use the bathroom to empty bladder/bowel*
 - *Remove all socks, pantyhose, shoes, articles of heavy clothing (jackets) and metal objects (jewelry, watches, belts)*
 - *Warm yourself up for 20 minutes if you are testing in cold weather*
- *Please value the time reserved for you by being punctual so as to benefit fully from your consultation.*

Patient Name: _____ Date _____

Patient Signature: _____

Thank you! We look forward to helping you successfully achieve your personal health goals!