

Preparing for the BioScan:

- The BioScan sends a very minute electrical current throughout your body. Although, the electrical current is so small that it is undetectable, if you have a pacemaker or automatic implantable cardiac defibrillator (AICD), you should not have a BioScan done.
- All metal jewellery should be removed. Although you won't feel anything, metal removal improves accuracy.
- **Avoid exercise or other activity that would make you sweat at least 12 hours before your test. This is important to get accurate body fluid results.**
- **Avoid caffeine or alcohol in large quantities 24 hours before the test**
- Go to the bathroom before the test to get rid of any waste products. If you have diarrhoea, it is important to tell that, as diarrhoea can affect your body fluid results.
- Your height and weight will be measured. Your height will only be taken the first time, but your weight will be measured each time you come in for a BioScan. Since an accurate weight is important, remember to empty out your pockets, remove your shoes and any other heavy clothing.
- You will be asked to remove your right shoe and sock and lie down on a table. You will be rested flat for at least 5-10min before commencement of the test. MEASUREMENTS will be taken from the right side of the body, lying down, the electrodes will be placed on your right hand and right bare foot