

# Guidelines to follow prior to Body Check appointment

*To comply with the Tanita Body Composition Analyzer pre-procedure requirements, it is extremely important that these guidelines are followed prior to your appointment.*

- 1) Avoid consuming excessive alcohol the day/night before the Body Check and altogether on the day of your appointment.
- 2) Avoid eating within 3 hours of the appointment.
- 3) Avoid drinking any caffeinated beverage (e.g coffee, tea, cola, Red bull) 3 hours prior to the appointment.
- 4) Avoid drinking excessive fluid 3 hours prior to the appointment. Please note that you are still able to consume your normal amount of fluid, do not become de-hydrated.
- 5) Avoid smoking for at least 2 hours prior to the appointment.
- 6) Avoid exercising or any form of heavy, strenuous activity 12 hours prior to the appointment
- 7) Avoid using a Jacuzzi, sauna or sun-bed during the 2 hours prior to the appointment.

## Additional Information

- Urinate before measurement
- No measurements can be taken during menstrual period (women)
- Please postpone the appointment if you have a temperature or feel unwell.