

BIO-IMPEDANCE ANALYSIS (BIA)

What is Bio-Impedance Analysis?

BIA is a simple in-office test that converts easily obtained electrical measurements into information about the patient's body composition (lean tissue, fat tissue and body water), fluid distribution (intracellular water versus extracellular water) and a quantifiable value for tissue health.

The most important aspect in performing a BIA is to ensure correct reproducibility. This requires the patient to follow the same pre-test procedures before each BIA test.

Ideally the patient should be tested at the same time of day, four hours after consumption of a similar breakfast or lunch each time they are tested.

Patient Preparations

1. No alcohol consumption within 24 hours prior to the test.
2. No exercise, caffeine or food for 4 hours prior to the test.
3. No diuretic medications within 12 hours prior to the test.
4. Consume 2 to 4 glasses of water within 2 hours of the test.

Appointment time: 15 minutes