

BioChemical Nutrition Program Preparation

Three days prior to testing please refrain from taking:

- Antacids
- Vitamins
- Mineral supplements
- Enzymes and other supplements
- Continue with essential medications**

On the day prior to your testing:

- Drink 1/2 of your weight (pounds) in ounces of water. (For example, a 150 pound person would drink 75 ounces of water)
- Avoid alcohol for 24 hours prior to testing
- Avoid exercise 12 hours prior

On the morning of your testing:

Collection of Urine Sample:

On the morning of your test, obtain a sample of your FIRST morning urine. Try to obtain a mid-stream specimen. If you need to urinate during the night, collect your sample if the time is after 4 a.m. **Refrigerate your urine sample and bring to testing**

On the day of your BIA assessment:

- Avoid caffeine for 4 hours prior
- Avoid eating for 4 hours prior
- Do not wear hosiery or moisturizer on day of testing as electrode pads are placed directly on skin
- For one hour prior to testing avoid water, toothpaste, mouthwash, chewing gum, tobacco