

## How to Prepare for your Program Evaluation:

### To prepare for your program evaluation:

- Remove all jewelry prior to the appointment
- Wear comfortable, workout clothing (should not contain any metal) with appropriate footwear
- Be well-hydrated, beginning 24 hours prior to the appointment
- Avoid eating a large meal 4 hours prior to testing
- Limit your caffeine and nicotine intake 4 hours prior to your evaluation
- Avoid exercise or strenuous physical activity 12 hours prior to the evaluation
- Avoid taking OTC medications, specifically decongestants or anti-histamines, prior to testing unless instructed by your physician
- Get plenty of rest the night before the evaluation

### Body composition will be measured by dual-energy x-ray absorptiometry (iDEXA). This uses low doses of radiation. Below are some reasons to opt out of this test:

- Females who are, or may be, pregnant
- Currently having radioactive iodine thyroid treatment
- Participating in a nuclear medicine study or barium x-ray within last five days
- Contain large amounts of metal inside the body
- Significant arthritis of the spine