

# BIOELECTRICAL IMPEDANCE ANALYSIS WAIVER FORM

## Precautions

Bio-impedance testing is clinically proven and safe. Powered by rechargeable nickel-cadmium batteries, analyzers apply a test current of less than one milliampere (800  $\mu$ A). This test current is below the patient's sensory level.

The test current (800  $\mu$ A at 50 kHz) is below the Association for Advancement of Medical Instrumentation's (AAMI) standard (ES1-1985), for "Safe Current Limits."

However, we recommend that bio-impedance testing not be performed on the following patients without physician supervision:

### **Persons To Be Tested Only With Physician Supervision**

- Pregnant women
- Persons with any implantable electronic device
- Persons with diagnosed heart problems

No historical or clinical evidence has suggested that bio-impedance testing is unsafe for pregnant women or persons with preexisting heart conditions. However, an extra measure of caution is always warranted in these cases and is recommended.

While there is no historical or clinical evidence that pacemakers are affected by bio-impedance testing, pacemaker manufacturers recommend that persons with pacemakers should avoid external electrical currents. However, bio-impedance testing will not damage a pacemaker.

Signed \_\_\_\_\_ Date \_\_\_\_\_

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*Tear off for Client*

## Pre-Test Preparation

To ensure best results ask your patients to observe the following pre-test guidelines:

- No alcohol consumption within 24 hours prior to taking the test.
- No strenuous exercise within 12 hours prior to taking the test.
- No excessive caffeine or food intakes within 4 hours prior to taking the test (this in NOT a fasting test).
- Drink at least 2 to 4 glasses (approx. 32 oz) of water 2 hours prior to taking the test.

The conductive medium in the body is water. Standardizing pre-test preparation of patients will reduce the influence of temporary dehydration on test results.

### **Other Preparations:**

- Remove all jewelry (rings and small earrings permitted) prior to test.
- Do not wear pantyhose or tights on day of test.