

WELLPRO Test Preparation Instructions: Fasting Tests

Blood Draw/Lab Work:

- Do not eat 12 hours prior to your appointment time
- Hydrate well

INBODY (Body Composition):

Prior to testing, avoid:

- Exercising 6 hours prior
- Eating 3 hours prior
- Alcohol or caffeine 12 hours prior
- Using sauna or shower
- Using ointment or lotion on hands or feet

Prior to testing, do:

- Hydrate well the day before
- Stand upright for at least 5 minutes
- Use the bathroom
- Wear shorts and a t-shirt or tank-top the day of testing

When you are testing:

- Remove all socks, pantyhose, shoes, articles of heavy clothing, metal objects
- Warm yourself up for 20 minutes if you are testing in cold weather

L1D (Cardiovascular Screening):

- Refrain from eating, drinking caffeine, and/or smoking at least 6 hours before your test.
- Please wear loose clothing.
- Light or no nail polish is recommended. Nails that are too long may need to be trimmed. If you have acrylic nails, it may be difficult to perform this part of the test.
- If you need to use an Albuterol inhaler 2 hours prior to the test, your test will need to be rescheduled. *Don't hesitate to use your inhaler. Rather than risking a severe asthma attack, it will be safer to reschedule your test*

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Ultrasound (thyroid, liver, ovaries, uterus and prostate):

- No food after midnight before the test
- A FULL BLADDER is essential for these examinations
- No carbonated beverages
- DO NOT go to the washroom until after your examination
- Allow 30 minutes for the exam

Men: 1 hour before the test, drink 20 ounces of water

Women: 1 hour before the test, drink 32 ounces of water

Metabolic Testing Prep Guidelines:

- 4 hours fasting
- No intense exercise (>1 hour) in the past 24 hours
- No consumption of caffeine or tobacco or stimulating drinks (e.g. Red-bull) for at least 4 hours prior to the test.
- Can take place anytime during the day for as long as the re-test is done the same time.
- Please wear exercise clothing and shoes.
- The exercise test is about 10-12 minutes. Would you prefer the treadmill or exercise bike?
- The resting test is easy 10 minutes of lying down.
- Please let us know if you have any issues that I need to address prior to the test.
- The results of the test will be emailed and can be reviewed with Brian Pontillo via phone if more convenient. This will only take about 15 minutes. Total time for test is about 1 hour including review time.

WELLPRO Test Preparation Instructions: Non-Fasting Tests

Posture Screen Prep Guidelines

- Please wear shorts and t-shirt. Contrasting colors are best. Not all black.
- For women with long hair, please bring hair tie so I can see their ears.
- The entire process will take 30 minutes and can be performed the same day as the metabolic test.
- Please let us know if you have any issues that I need to address prior to the test.
- Reports will be emailed to you at the time of service. Any potential for coaching services will be discussed as images are being reviewed.