

## Bioelectrical Impedance Analysis (BIA)

**What is it?:** This procedure measures hydration status and indirectly body composition.

**What you can expect:**

- You will be asked to lie down, with your right shoe and sock removed.
- Two electrode stickers will be placed on your right hand and right foot. In cases where this is not possible, the left side may be used.
- The electrodes will then be attached to the bioelectrical impedance machine and a small electrical current will be sent through your body, but you will not feel anything.
- The whole test will take about 5 minutes.

