



### **Hydrostatic Weighing Preparation Guidelines**

1. Please be fasting...best not to eat past midnight the night prior to your test. Normal water intake is fine.
2. Please avoid foods that may give you gas one day prior to your appointment.
3. Please wear a bathing suit such as, swim trunks, speedo, one- or two-piece swim suit (no padding).
4. Please do not rinse off or get into pools or spa prior to your appointment as we will need to get your dry weight on land before your testing.
5. Please refrain from using lotion and or hair products as you will be getting into the pool.
6. Please make sure to use the bathroom prior to your appointment and void any solid, liquid or gas that can be eliminated.
7. Please note: Females your results may be affected if it is 3 days prior to OR 3 days after menstruation.