

Requirements for the test subject and conditions for testing

1. Good skin-to-electrode contact is required, with no increase or decrease in pressure. Do not take measurements if the skin surface on which the electrodes are applied is irritated (abscesses, open wounds, etc.).
2. It is forbidden to use gels, this changes the electrolytic properties of the skin.
3. The forehead, hands and feet of the person being tested must be clean, excess sweat, cosmetics should be removed.
4. It is desirable that at the time of testing the test person was not hungry. The best time for examination is 2 hours after eating.

Before the examination (two, three days) it is not recommended to drink alcohol. The day before the examination, you can't drink coffee, strong tea, spicy and spicy dishes. Immediately before the examination, you can't eat chocolate, citrus fruits, chewing gum.

Taking medications that can be canceled painlessly for the test subject should be stopped a day before the examination. Those medicines that are taken by the patient for health reasons, for a long time, do not significantly affect the diagnosis (with the exception of hormonal drugs). It should be remembered that antibiotics, sulfonamides, hormones have a prolonged action and may affect the measurement results for a long time after administration.

5. On the eve of the express test session, it is necessary to exclude contact with chemically active substances (varnishes, paints, solvents). It is advisable not to smoke a day before the session (if it does not cause stress for the test person). It is not advisable for women to undergo an examination during the menstrual cycle.
6. The skin must be clean, healthy without signs of inflammation and mechanical damage. It is not allowed to use medical and cosmetic creams and ointments before the test. Excessively wet skin should be dried with a napkin, and dry skin should be moisturized.
7. Clothing is preferably made from natural fabrics; before diagnosis, all jewelry and metal objects must be removed. Turn off the mobile phone or remove it up to 1.5 m away.
8. The best time for examination is the first half of the day.
9. Before testing, wash your hands with soap and water.