

INSTRUCTIONS

STEP 1 (DO AFTER FIRST MORNING VOID COLLECTIONS):

PREP



1. Lay out all the contents of your kit.
2. Label the transport tubes with the patient's name and date of birth. (**unlabeled specimen tubes will not be processed**)
3. Fill out the requisition form with all required patient information. **IMPORTANT: Ensure the information on the requisition form and collection tubes match exactly!**

URINE COLLECTION TIME REQUIREMENTS

ORAL DMSA OR DMPS COLLECTION

Patient must empty their bladder directly into the toilet and then take the DMSA or DMPS chelator. Collect all urine into collapsible urine bag for **the next 4 hours**.

DMPS INFUSION COLLECTION

Before the infusion of DMPS, patient must empty bladder directly into the toilet. After infusion, collect all urine into collapsible urine bag **for the next 2 hours**.

EDTA COLLECTION

Before infusion of EDTA, patient must empty bladder. Collect all urine into collapsible urine bag. Urine collection duration is **infusion time plus another 45 minutes**.

STEP 2:

COLLECT



1. Begin the urine collection by emptying your bladder of urine into the toilet.
2. Follow your practitioner recommended urine collection time until the appropriate amount is collected inside of the Post-Chelation Bag. You may use the cup provided or your own sterilized container for collection to then pour into the Post-Chelation Bag.

STEP 3:

TRANSFER



1. Use the pipet provided to transfer urine from the Chelation Bag into the specimen tube. (you may use a sterile container to help with transferring urine from bag to test tube.)
 - Squeeze the top bubble of the pipet to remove all the air.
 - Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw urine into the pipet.
 - Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.
2. Repeat step 1 as needed until you fill the collection tube to the line marking 7 ml.
3. Place the cap back onto the transfer tube and twist it to seal the sample tightly.

STEP 4:

RETURN



1. Complete the patient's details (full name, date of birth, and total urine volume measured from the 4 liter collapsible urine bag) on collection tube with the yellow label marked "POST CHELATION".
2. Place Post Chelation collection tube into the biohazard bag with the urine tubes from your first morning void collection and absorbent pad then seal the bag. Discard remaining urine from the collapsible urine bag into the toilet
3. Fold the Requisition Form and place it into the pocket on the outside of the biohazard bag. (note: this pocket does not seal)
4. Enclose the biohazard bag within the Urine Collection Kit box, and place it into the return shipping envelope. Take a picture of your shipping label, or note the tracking number.
5. Ship the specimen to the lab. Cold pack not required.

BEFORE COLLECTING POST-CHELATION SAMPLE

This test is intended to be collected in addition a urinary Heavy Metals & Minerals Panel or a toxic combination profile (first morning void). Collect both samples on the same day and package all samples together in one shipment.

GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

Tips To Ensure A Proper Collection & Transport:

- ▶ DO NOT collect a first-morning void specimen, meaning the first urination after a 6-8 hour period of time
- ▶ Make sure all urine is collected within the designated time frame for your Chelation strategy and placed into the chelation collection bag.
- ▶ Specimens should be sent to the lab within 48 hours of collection. If samples can not be shipped immediately, liquid samples should be frozen until the time of shipment. Note: If frozen note the date frozen on the collection tube

Foods To Avoid For Heavy Metal Testing

- **DO NOT** eat seafood four (4) days prior to collecting your sample.
- **AVOID** smoking two (2) days prior to testing.
- **STOP** taking nutritional supplements one (1) day prior to testing unless advised.
- **DO NOT** drink tea or coffee on the day of collection, neither prior to or during the sample collection.

General Guidelines

- Avoid collection during menstruation or urinary tract infections.
- Fill the specimen tube to the 7 ml line to ensure there is enough sample for testing.
- Avoid excessive fluid intake the evening prior to urine collection. An overly diluted urine specimen may be rejected.
 - You should be drinking between 300-500mls of water during time of urine
- Ensure the name on the requisition form and urine tubes match exactly.

Warnings & Precautions

- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.
- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- If you are taking the medication methylene blue, DO NOT submit sample until urine has returned to a normal color.