



Toxic Metal Test Instructions (Pre and Post Provocation)

Read the entire instruction sheet before planning the day of the test. You should choose a day when you are able to stay home for 7-8 hours after awakening. Both parts of the test should be done on the same day.

One week before the test

- Stop eating all fish and sea food, since they contain relatively high levels of mercury and arsenic, which will alter the results.
- Take 2 capsules of DMSA (provocation agent) on empty stomach and observe your reaction to it for 48 hours (2 days). If you have a significant reaction (severe gas, bloating, diarrhea, etc.), do not continue with the protocol and call the office. If you experience no significant reaction on the trial dose, continue with the following steps of the protocol.

48 hours before the test – stop taking any non-essential medications and dietary supplements. Avoid gadolinium-based contrast media (MRI) unless otherwise instructed by your physician. Never discontinue prescription medications without consulting your physician first. Female patients should not collect urine during a menstrual period.

Part ONE. The morning of the test

- Collect the first morning urine sample (the most concentrated) into the specimen collection cup. If you urinate throughout the night (2am-5am), collect a sample and then mix it with the first morning urine sample (taken after waking up) in the provided 1 gallon collection jar. Pour the urine sample (or the mixed urine samples) into the specimen vial by filling it up to the top of the label and then tightening the screw cap securely. Fill out the label on the vial with the name and date of collection. Mark the vial as “**PRE**” sample. This urine sample should be refrigerated at home (unless instructed otherwise). Discard any urine left in the 1 gallon collection jar.
- Complete requisition form for PRE provocation sample by filling the date you do the test, your height and weight and marking and check “pre”.

Part TWO.

Provocation – take the entire dose of DMSA (oral capsules or tablets) calculated for your weight, *on empty stomach*, shortly after first morning urine collection. It must be done on the same day.

Post Provocation urine collection

1. Drink 0.5-1 Liter of purified water after taking DMSA pills, over the next 1 to 2 hours. Food should be withheld for 2 hours after taking the pills, to ensure efficient absorption of the DMSA. Some patients may experience gas, bloating and/or loose stools with this protocol; such symptoms typically subside within 6 hours of dosing. After the 2 hours have passed, you may eat a light breakfast (fruit).
2. Collect urine sample during each urination (into the specimen collection cup) for the next 6 hours after taking the DMSA pills, including the last urination on the mark of the 6th hour. Once you have collected the urine sample, pour it into the large collection container (1 gallon jar). Do this each time you urinate. Keep the container in a refrigerator until you are finished with your collection.
3. After collecting all urine for 6 hours, mix the specimen well by shaking the 1 gallon container for at least 30 seconds. After shaking the container, pour the urine into the second specimen vial. Fill up the vial to the top of the label and then tighten the screw cap securely. Write your name and date of collection on the label on the vial. Mark the vial as “**POST**” sample.
4. Complete requisition form for POST provocation sample by writing the date of the test, your height, weight. Check the box marked “Timed” and fill in the number of hours you collected your sample (usually 6 hours), then check “post”.

To obtain the best results, Doctor’s Data recommends shipping specimens as soon as possible. If you cannot arrange shipping on the same day you finish the collection, such as over a weekend or holiday, refrigerate the two specimen vials until you are ready to ship the test collection kit.

If you don't have medical insurance, the cost of the test is \$60 per specimen. If you submit 2 samples (pre and post urine) the cost is \$120. If you do have medical insurance and want Doctor's Data Laboratory to submit on your behalf for a payment you will pay co-payment of \$110 per specimen. If you submit 2 samples (pre and post) the cost is \$220. Therefore, it is for you to decide how you would like to proceed.