

US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Affix the provided **Pre-Paid Return Label** on the FedEx Clinical Pak. Record the tracking number printed on the label if you want to track this delivery.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a pick up." The next prompt asks if the shipment is more than 150lbs, say "No". At the next prompt, say "Schedule a Pick up with a Label or Stamp." Reply "YES" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information.

Do not use a drop box or leave your kits outside (especially in warm temperatures). FedEx will not accept specimens placed into a drop box.

You are responsible for the cost of return shipping to the laboratory.

US & CANADA: 1.800.323.278

3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

POST HEAVY METAL TEST – 6 HOUR COLLECTION

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures. The Urine Elements analysis takes 24 hours or less to collect depending on your physician's instructions.

It is recommended that you omit fish and shellfish from your diet for one week prior to collecting the urine specimen. If an MRI containing Gadolinium-based media has been administered a urine specimen should not be collected for a minimum of 96 hours. You should also refrain from taking non-essential medications and dietary supplements for 48 hours prior to and during the specimen collection. *Never discontinue prescription medications without first consulting your physician.* Female patients should not collect urine during a menstrual period.

Use the provided vial and collection containers to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.

Verify Kit Contents:

- 1 Specimen collection cup
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

For timed **collections of 6 hrs:**

- 1 clear foldable 1.8 liter plastic container
- If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.

- Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

A1) TIMED URINE COLLECTION – 6 hours

Empty your bladder before the collection period begins (this can serve as your **FIRST MORNING VOID – PRE HEAVY METAL** collection sample, **if applicable**).

A2) Take your capsules of the provocation chelator found in the small melamine envelop included in the test kit box; must be taken at least 20mins away from food.

A3) Over the next 6 hours, collect all urine up to and including the last urination of the prescribed time period (6 hours).

Be sure to drink 1 L of water during this 6 hour collection time.

A4) Pour all of the urine into the folded plastic bag. **You do not need to expand this bag prior to filling - it will automatically expand as urine is added.**

A5) Continue to add urine to this bag during the specified time period. Keep the bag in a refrigerator during this time.

A6) When the timed collection period is complete, mix the urine by shaking the bag and then pour the urine into the supplied specimen vial. Fill urine up to the top of the label on the vial and then tighten the screw cap securely. Discard remaining urine.

A7) On the test requisition form in the collection information section (located in the upper right hand corner) fill in the date you finished the collection and check the box marked “Timed” and fill in the number of hours you collected urine. If the sample was part of a provocation, check either pre or post. **Go to step #2.**

2) Write the patient’s name, the date of collection, and patient’s date of birth on the specimen vial. The test cannot be performed without the patient information on the vial. Place the vial into the zip-lock bag, then place the bag in the cardboard shipping box.

3) Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

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 specimen until you are ready to ship the test collection kit.

