

Mold Test Instructions

Updated 10/2020

Get tested for mold exposure.

There is no one definitive test for mold exposure. Instead, you'll need a combination of:

1. Medical and Environmental history
2. Physical exam
3. Screening tests:
 - a. [Visual Contrast Sensitivity test](#)
Surviving Mold
 - b. Cluster symptom analysis
 - c. Lab Testing:
 - i. [CIRS labs](#)
 - ii. [Biotoxin Mold Illness Panel](#)
 - iii. [HLA-DR Mold Genetic testing](#)
 - iv. [Great Plains MycoTox testing](#)
 - v. [RTL Mycotoxin testing](#) (Medi-care covers)
 - vi. [Mycometrics HERTSMI \(5 toxic mold\) and ERMI](#) (36 molds) (for environmental home testing) and IEP inspector

Before Mycotoxin test, consider 500mg glutathione twice daily for 7 days, and collect urine on 7th day, or use sweating, sauna, hotbath night prior to collection. Also, stop all binders 3 days before collection of urine (test iv, v)

You'll need the help of a functional medicine doctor who is experienced with mold illness to complete this process and confirm the diagnosis.

Extra reading: [Your Complete Mold Exposure Guide](#)

Mycometrics

<https://www.mycometrics.com/online.html>

Pricing:

- ERMI \$290
- HERTSMI: \$155
- \$50 non-refundable, non-exchangeable deposit upon ordering all kits includes shipping
- When you first order online, you will pay an initial \$50 non-refundable deposit. Once they have received your returned sample(s), they'll then charge you the remaining balance of \$240 per ERMI or \$105 per HERTSMI. The standard turn-around takes 7 business day
- Optional test: Quantitative PCR detection of Streptomyces spp.
 - A large genus of spore-forming Gram-positive bacteria that belongs to the Actinobacteria class.

- To add this test, write down the analysis code PCR10.A on both of the Chain-of-Custody (COC) and the payment forms when submitting the sample(s) to Mycometrics.
- Pricing is an additional \$30 per test when submitting with the HERTSMI test and a promotional price of \$15 per test when submitting with the ERMI test.

Shipping:

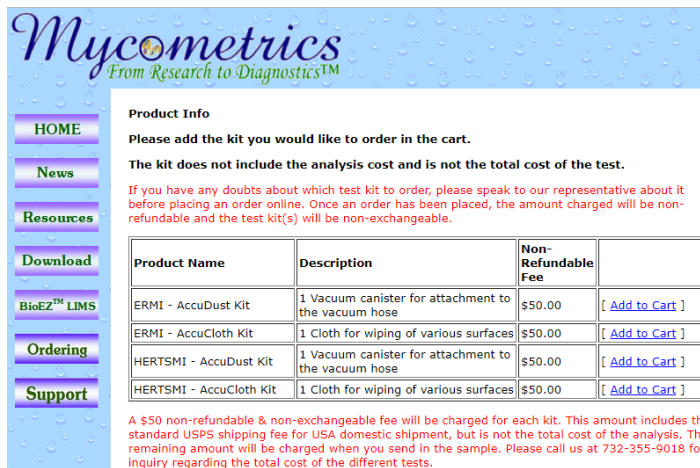
- Can be shipped to patient or doctor
- Need to pay return shipping cost

Kits:

- [AccuDust Vacuum Kit](#)- contains canister for attachment to the vacuum hose. The dust kit comes with a canister that is attached onto the hose of the vacuum. The canister will collect dust from the carpet when vacuuming.
 - Do NOT order the Vacuum kit if:
 - The locations are not majority wall-to-wall carpet
 - Have pets
 - Outdoor contamination on the carpet (wearing shoes indoors)
- [AccuCloth Kit](#)- for wiping of various surfaces. The cloth kit comes with a small sized Swiffer cloth that is used to wipe the above-floor surfaces such as furniture, appliances, vents, etc.

Ordering:

1. Visit: <https://www.mycometrics.com/online.html>
2. Select either the ERMI or HERTSMI test based on doctor's recommendations. Pick either the Vacuum or the Cloth Kit based on your living conditions.



Mycometrics
From Research to Diagnostics™

Product Info

Please add the kit you would like to order in the cart.

The kit does not include the analysis cost and is not the total cost of the test.

If you have any doubts about which test kit to order, please speak to our representative about it before placing an order online. Once an order has been placed, the amount charged will be non-refundable and the test kit(s) will be non-exchangeable.

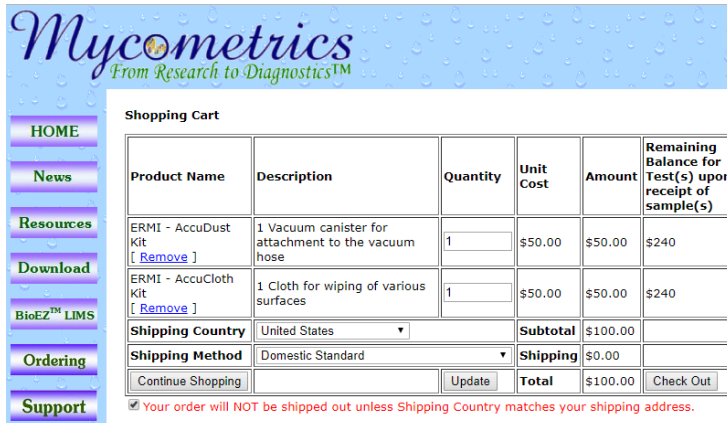
Product Name	Description	Non-Refundable Fee	
ERMI - AccuDust Kit	1 Vacuum canister for attachment to the vacuum hose	\$50.00	[Add to Cart]
ERMI - AccuCloth Kit	1 Cloth for wiping of various surfaces	\$50.00	[Add to Cart]
HERTSMI - AccuDust Kit	1 Vacuum canister for attachment to the vacuum hose	\$50.00	[Add to Cart]
HERTSMI - AccuCloth Kit	1 Cloth for wiping of various surfaces	\$50.00	[Add to Cart]

A \$50 non-refundable & non-exchangeable fee will be charged for each kit. This amount includes the standard USPS shipping fee for USA domestic shipment, but is not the total cost of the analysis. The remaining amount will be charged when you send in the sample. Please call us at 732-355-9018 for inquiry regarding the total cost of the different tests.

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3. Pick the correct shipping country and select "Domestic Standard" for Free Shipping. Other options include signature or express which will incur a shipping cost. Click

“Update” and check the box below the chart in order to proceed to the next step.



- Only VISA and MasterCard is accepted. Enter the card information and shipping address in the box.

Sample Collection Instructions:

- [AcuCloth](#)
- [AcuDust](#)

Results:

- Will be sent by email
- Standard turnaround time is around 7 business days

Additional Reading:

- Ermi: https://www.mycometrics.com/document/articles/ERMI_Lin_Shoemaker.pdf
- Hertsmi 2: <https://www.survivingmold.com/diagnosis/hertsmi-2>

Marcons Nasal Culture

<http://www.microbiologydx.com/>

Effective immediately, nasal cultures to isolate and identify coag neg staphs will be run by Microbiology Dx. Microbiology Dx is run by Dr. Joseph Musto; reach him at 781-276-4956 or jmusto@dlmlab.com. The lab is CLIA certified.

Price:

- Nares Bacterial Culture (includes Marcons & other pathogens): \$85.00
- Biofilm Analysis: \$100.00 (only if previous test is positive for Marcons)
- Cost is \$50 for negative culture and \$85 for positive culture and antibiograms. Cultures are not run through insurance, fee-for-service only.

Shipping:

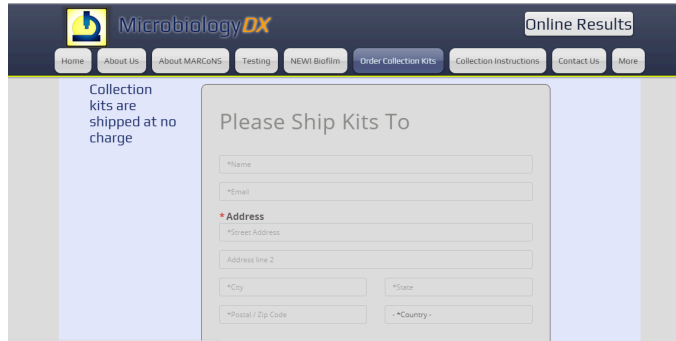
- Free shipping
- Can be shipped directly to clinician's office or to the patient

Sample Collection Instructions:

- [Nasal Culture Collection](#)
- [Nasal Culture Collection Nasopharyngeal](#)
- [Requisition Form](#)

Ordering:

- Pick-up kit from Dr's office or
- Order directly from the [website](#)



The screenshot shows the MicrobiologyDX website interface. At the top, there is a navigation bar with links: Home, About Us, About MARGONS, Testing, INEM Biofilm, Order Collection Kits, Collection Instructions, Contact Us, and More. A button for 'Online Results' is also present. On the left, a message states 'Collection kits are shipped at no charge'. The main content area is titled 'Please Ship Kits To' and contains a form with the following fields: *Name, *Email, *Address (with sub-fields for *Street Address, Address line 2, *City, *State, *Postal / Zip Code, and *Country).

Results:

- Patient Portal: <https://www.cislab.com/MDX/01userauth.cfm>
- Also faxed to office

Additional Reading:

- Click the "More" tab and look for "Technical Articles"

Great Plains Mycotoxins

How to collect: by urine

Mycotoxin Test

- \$299 Cash price

Dr. Shoemaker's Protocol

[Lab Order Sheet](#)

[Lab Results Sheet](#)

HLA DR Multisensitivity

Blood testing is available to answer the question of genetic susceptibility to health effects related to mold toxins. The proper genetic test - HLA-DR - Genetic testing determines whether you are in the population of people genetically unable to properly detect and eliminate biotoxins from mold/lyme and other sources via the immune system.

- Calculator: <http://www.myhousemakesmesick.com/hlacalc/>
- Explanation: <https://www.survivingmold.com/diagnosis/lab-tests>
- HLA DR by PCR
- Lab to Use: LabCorp
- Test Code #: 167120
- DX Codes: 279.10, 377.34, 279.8



- CPT Code: 81375

Binders for Biotoxin -

[Biopures Chlorella](#) - take 15 tablets twice a day 15 minute before meals.