

INSTRUCTIONS FOR URINE ELEMENTS Page 1
(HEAVY METAL) TEST

Before starting the test, please read all of the instructions below and also on the enclosed “Instructions for Collecting and Shipping Urine Elements Samples,” read the instructions under Column “B”. You are doing a timed collection for six hours.

On the day before you start this protocol, do not take any multiple mineral supplements or multiple vitamins that contain minerals of any sort, including colloidal minerals (e.g., Basic Preventive, New Anti-Ox). Women would specifically note to stop their calcium supplements (e.g., Bone-Up) during this time. These substances significantly interfere with this test. Stay off these supplements until you complete the test. *Do* take all of your prescription medications.

DMSA = Captomer

Day 1: Take ____ DMSA pills in the morning and ____
DMSA pills in the evening.

Day 2: Same as Day 1.

Day 3: Carefully follow the instructions on page 2.

INSTRUCTIONS FOR URINE ELEMENTS Page 2
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The test should be done after arising and before taking breakfast or any food for the day.

1. Completely empty your bladder into the toilet.
2. Take ____ pills of the DMSA from the provided bottle all at once.
3. Over the next 6 hours collect all of your urine in the provided container. Do not eat any food for the first two hours of this six hour period. After these two hours you may then eat breakfast.
4. During these six hours, drink at least ½ liter, but not more than 1 ½ liters, of good quality water (3-6 8-ounce glasses).
5. At the end of collection, be sure to measure the total volume of urine and write it on the Requisition Form under “Urine Elements” at the “*”. This is critical to obtain a proper answer for your test.
6. Please shake the bottle of urine very well and then pour the sample that you will be sending to the lab.
7. Complete the Requisition (Submittal) Form.
 - a. Dr. Soram filled in the Physician Information section. ICD-9 diagnostic codes are not needed. The type of test has already been checked off. Under “Urine Elements” write today’s date.
 - b. The provocative challenge information has already been filled in.
 - c. Complete the Patient Information section.
 - d. Complete the Payment Method section. Either give your credit card information or enclose a check payable to Doctor’s Data for \$55.00. Most insurance policies do not cover this type of test.
8. Package the specimen for shipping.
9. Complete the shipping papers.
10. The test results usually take ten to twelve days to return and Dr. Khalsa will review it with you at the time of your next office visit. These results cannot be reviewed over the telephone.

Every fifth two-week cycle you will re-test to measure your progress. You will need another kit from the Clinic for each test. On Day 3, 4, or 5, repeat the above steps, except that on Step 4, take your full day’s dose of Captomer at that point (Captomer is a brand name for DMSA).