Laboratory Instructions

Blood Draws • Stool Tests • Urine Tests • Metals, Mycotoxins & Environmental Toxins

Blood Draws

Where to Get Drawn

- **LabCorp or Quest:** We enter the lab order directly into their system. You'll receive a confirmation page in your patient portal lab order section. Bring your confirmation or requisition number when you go.
- **Vibrant or Specialty Lab:** Come to our office for your draw — available Wednesday or Friday.

General Instructions

FAST minimum 10 hours — get drawn between 7:00–9:00 AM

- Hydrate well the day before; drink water that morning
- NO coffee or tea the morning of your draw — water only
- **Do NOT take hormones or thyroid medication** for at least 12 hours before draw
- STOP all Biotin and B-vitamins for minimum 3 days before blood draw

Special Circumstances

- **Menstrual Hormone Testing:** Get drawn on **DAY 3** of your cycle. Day 1 is the first day you bleed.
- **Food Allergy Testing:** Get total Immunoglobulins checked first — blood test at our office.

Urine Tests

- **Doctors Data Lab:** Pick up kit at our office and follow the instruction handout included.
- **Vibrant Lab:** Kit drop-shipped to your home by the lab. After collection, mail directly back using the prepaid packaging. Results take up to 3 weeks.

Stool Tests

Test Kits

- **Doctors Data GI 360:** Pick up collection kit at our office.
- **Vibrant Gut Zoomer:** Pay at our office — kit mailed to your home.
- **Parasitology Center:** Order the Comprehensive Panel at parasitetesting.com

Optional Biofilm Prep (Recommended)

Take Biofilm Advanced Phase 2 — 1 capsule twice daily for 10 days before collection. Stop 2 days before collection. Available at our office.

Flu-like symptoms? Reduce to 1 capsule daily. Still feel bad? Take 1 capsule every othe

- **Important:** Do NOT take antihistamines or steroids for 48 hours before testing unless unable to come off them.

Metals, Mycotoxins & Toxins Test

Avoid for 3 Days Before Urine Collection

ALL of the following must be avoided for 3 full days before collecting

- All seafood and fish
- Mold/yeast foods: cheese, sour milk, buttermilk, sour cream, aged cheeses
- Nuts: peanuts, pistachios, cashews, walnuts, brazil nuts
- Coffee and chocolate
- Dried fruit: raisins, apricots, prunes, figs, dates
- Potentially moldy fruit: berries (when in doubt, avoid)
- Grains: wheat, rice, oats, and corn

Metals, Mycotoxins & Toxins Test (cont.)

Also Avoid for 3 Days Before

- Packaged and smoked meats: sausages, hot dogs, corned beef, pastrami, smoked fish, ham, bacon
- Edible fungi: mushrooms and truffles
- All alcoholic beverages: beer, wine, cider, liqueur, whiskey, gin, rum, tequila, etc.
- All fermented foods

Recommended Prep (Not Required but Ideal)

These steps mobilize stored toxins into circulation, significantly improving test accuracy and yield:

- Take Glutathione daily for at least 3 days before urine collection — helps mobilize stored toxins for excretion
- Take 1,000 mg DMSA the night before collection. Avoid urinating for 5–6 hours, then collect urine 5–8 hours after taking the DMSA
- Get a lymphatic massage or sit in a far-infrared (FIR) sauna for 20–40 minutes, approximately 1–2 hours before random collection

The more carefully you follow preparation instructions, the more accurate and actionable your results will be.

Contact & Questions

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- Address: 1601 N Tucson Blvd, Suite 8, Tucson, AZ 85716
- Specialty lab blood draws: Tuesdays/Wednesdays in-office