HEAVY METALS URINE TEST INSTRUCTIONS

Patient: _____ Date: _____

DMSA Dosage Calculation

Patient weight: _____ lbs ÷ 2.2 = _____ kg × 15 = **Dose: _____ mg** (round up)

Number of pills: _____

If re-doing a POST metals test — use the same DMSA dose as your previous test, unless there has been significant weight loss.

BEFORE YOU BEGIN

- Avoid fish and shellfish for 'one full week' before your test date.
- Plan your test for a day off when you can stay home comfortably for 6+ hours.
- Choose a test day where you can ship samples the very next morning via FedEx.

What to Expect

DMSA is a provoking agent that pulls stored heavy metals from tissues and bone into the bloodstream for excretion. This process can temporarily cause nausea, dizziness, or bloating. These symptoms are normal and typically subside within 6 hours of taking your dose.

STEP-BY-STEP COLLECTION INSTRUCTIONS

STEP 1 — Collect Your PRE Sample (First Morning Urine)

1. Collect your **first morning urine** before taking any DMSA.
2. Fill the small vial to the line.
3. Label the vial and mark it clearly: **'PRE'**
4. Place it in the PRE box along with the completed PRE form and payment.

STEP 2 — Take Your DMSA Dose

5. Take your prescribed DMSA pills (see dosage above) on an **empty stomach.**
6. Do not eat for 1–2 hours after taking the dose.
7. Drink plenty of water — **1/2 to 1 liter within the first hour.**

STEP 3 — Collect ALL Urine for 6 Hours

8. Starting immediately after taking your dose, **collect every drop of urine** for the next 6 hours.
9. Pour all urine into the expandable collection jug provided.
10. Keep the jug **refrigerated** throughout the collection period.

STEP 4 — Prepare Your POST Sample

11. After 6 hours, make sure the cap on the jug is tight.
12. Shake the jug vigorously for **1 full minute.**
13. Pour a sample into the second small vial.
14. Label the vial and mark it clearly: **'POST'**
15. Record the following on the vial and the POST form:

- ☐ **Date of collection**
- ☐ **Total volume of urine collected over the 6 hours**
- ☐ **Keep a personal note of this information for your own records**

16. Place the POST vial in the POST box with the completed POST form and payment.

STEP 5 — Ship Your Samples

17. Each sample (PRE and POST) goes in its **own separate box** with its own form and payment.
18. Place each box inside the FedEx bag provided.
19. Attach the prepaid shipping labels.
20. Ship **as soon as possible** — next morning at the latest.

FedEx Shipping Options

- ❖ Call FedEx to arrange a home pickup
- ❖ Drop off at any FedEx branch location
- ❖ Bring samples directly to our office and we will arrange shipping

QUESTIONS & CONTACT

Doctors Data Lab
1-800-323-2784

Larrea Naturopathic Medicine
Contact our office with any questions about your test, your dose, or your results.