



Urine Heavy Metal Testing – Pre and Post Challenge

1. Stop all non-essential medications and multi-mineral supplements 24 hours before the test. Fish and shellfish should be avoided for ~1 week prior to the challenge.
2. Collect a first a.m. urine sample in the white plastic container and then transfer 60 ml to the small plastic tube marked “pre.”
3. On an empty urinary bladder and stomach, take the following chelators:
 - a. DMSA _____ capsules at once.
 - b. DMPS _____ capsules at once.
4. Collect all urine for the following 6 hours in the white plastic container and then transfer the urine to the orange container provided, store the orange container in the refrigerator for the duration of the test.
5. Do not eat any food for at least 2 hours to ensure absorption of the chelators.
6. Consume 0.5 – 1L of purified water during the urine collection period.
7. At the end of the 6-hour collection period mix the urine in the orange specimen well and then remove 60 ml and place in the small plastic tube marked “post”.
8. Put both the “pre” and the “post” samples in the plastic bags and place them in the cardboard box provided.
9. Discard the white and orange urine collection containers.
10. Fill out the highlighted sections on the Doctor’s Data requisition form.
11. The cardboard box with the two tubes of urine need to be sent to Doctor’s Data within three days of the test. Either return the samples to our clinic to be mailed or fill out the paper work provided and mail directly to Doctor’s Data. The shipping to Doctor’s Data is pre-paid through FedEx.

Adverse Reactions: Some patients experience gas, bloating and/or loose stools. These symptoms typically subside within 6 hours. If you tend to suffer from gas or bloating it is advisable to increase your probiotic for at least one week prior to the challenge.

Cautions: If you have chronic kidney disease or a history of severe reaction to medications. Ensure that you have informed your naturopathic doctor of these concerns.

Other Instructions: