

HEAVY METAL TESTING INFORMATION AND INSTRUCTIONS

URINE HEAVY METAL TESTING

1. WHY do we do heavy metal testing? Your urine is checked to see if you may have heavy metals in excess amounts that may be negatively affecting your health. Heavy metals can last upwards of 30 years in the body.
2. WHAT does the test measure? DMSA is a chelating agent that you will take to bind to and pull out heavy metals that are stored in various tissues in the body. The post DMSA urine sample will measure how much excess heavy metal is stored in the body that can be removed with chelation therapy. These results will help to guide your future treatment.
3. HOW do I complete the test correctly?

Starting 2 days prior to urine sample collection through the end of testing:

- Stop supplements with creatinine, vitamin C, any minerals that are on the list being tested, and seafood.
- Women do not complete when on period.
- Take 2 tabs of 250 mg DMSA (500 mg total) and then collect your urine in the provided container for the next 6 hours. This must be kept in the refrigerator during the entire 6 hour period.
- At the end of 6 hours, shake up the container well and pipette out the well mixed urine into a test tube and label the urine sample. Keep tube refrigerated.
- Mail the samples on a Monday, Tuesday, or Wednesday to prevent the sample(s) from sitting in the mail over the weekend, as this may cause a decrease in the quality of the test.

Results typically take 4-6 weeks to be returned. Results will be reviewed at your follow up appointment with your provider.