

Urine Toxic Test Instructions

☞ Please be sure to **carefully** read these instructions before beginning your Urine Toxic Test. Failure to do so may result in inaccurate results and the need to retest!!!

6 HOUR TEST

1. When you arise empty your bladder but do not collect this urine.
2. DO NOT eat before taking your DSMA capsules.
3. DO NOT take ANY other supplements today.
4. Take the DMSA capsule dose that your doctor has assigned (600 mg) - **Do not eat for 2 HOURS after taking the DMSA.**
5. The next time you urinate, collect the specimen in the collection cup then pour it into the clear (it expands) container.
 - a. Do this each time you urinate for the next 6 hours.
 - b. Keep the clear container refrigerated.
 - c. During your 6 hour collection, drink about ½ gallon of reverse osmosis water. Commercial brands include Aquafina or Dasani.
6. After completing the 6-hour collection, mix the urine by shaking the clear container at least 30 seconds. Pour the urine into the white-capped specimen vial up to the top of the label and tighten the screw cap securely.
 - a. Write the collection date on the vial.
 - b. Write the collection date and your height/weight on the requisition form.
 - c. Place the vial in the zip-lock bag. Place the bag in the cardboard shipping box.
 - d. Store in the refrigerator until it is ready to be shipped.

☞ Before the specimens are shipped, please ensure the date of collection is filled out on both the pre and post vials. Also check that the date of collection and your height/weight are completed on both the pre and post requisition forms.