

NUTRIENT & TOXIC ELEMENTS 6-8 HR.

SPECIMEN COLLECTION INSTRUCTIONS

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

0052 NUTRIENT & TOXIC ELEMENTS (6-8 HOUR) - Urine

0055 NUTRIENT & TOXIC ELEMENTS (6-8 HOUR) NY - Urine

0152 TOXIC METALS (6-8 HOUR) - Urine

0155 TOXIC METALS (6-8 HOUR) NY - Urine

IMPORTANT:

*All patient specimens require two unique identifiers
(patient's name and date of birth), as well as date of collection.*

Patient's first and last name, date of birth, gender, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed

SPECIMEN

6-8 Hour Urine, 11 ml, refrigerated

COLLECTION MATERIALS

- Urine collection container
- Teal cap plastic vial
- Disposable pipette

SHIPPING MATERIALS*

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**Shipping materials may differ outside of the U.S. Please see your shipping instructions for details.*



Call 800.221.4640 or visit our website at www.metametrix.com

Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- **It is NOT** necessary to have the patient fast
- **It is NOT** necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- **DECREASE** fluid intake to avoid excessive dilution of the urine
 - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
 - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection
- **DO NOT** collect urine during menstruation

NOTE: Your healthcare provider may administer or provide you with instructions for administering a chelating agent before and/or during urine collection.

- If you were given a chelating agent, mark **“YES”** by **“CHELATING AGENT GIVEN”** on the Test Requisition Form under section #4 “Test Information”. Record **chelating agent used**. If not, mark **No**.

URINE COLLECTION

1. **WRITE** patient's **first and last name, date of birth, gender** and **date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as all tube(s) and/or vial(s), using a permanent marker.

IMPORTANT: To ensure accurate test results you must provide the requested information.

2. **EMPTY** bladder before beginning collection. **DO NOT** collect this urine.
3. **COLLECT** urine for the next 6-8 hours (or as directed by your healthcare provider) into the urine collection container.
4. **INVERT** the collection container gently 6-10 times to mix. Uncap for transfer.

5. **PIPETTE** urine, using a fresh disposable pipette, from the collection container into the teal cap plastic vial to the 11 ml mark (**DO NOT OVERFILL**). Screw the cap on tightly.

6. **DISPOSE** of the remaining urine and the collection container.

7. **REFRIGERATE** the teal cap plastic vial.

8. **FREEZE** the ice pack.

SPECIMEN PREPARATION

1. **PLACE** the refrigerated urine specimen, frozen ice pack, and absorbent pad into the biohazard bag.
2. **STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form. **FOLD** and **PLACE** them in the side pocket of the biohazard bag.
3. **SEAL** the biohazard bag; **PLACE** it into the specimen collection kit box and close the box.

CHECKLIST (PRIOR TO SHIPPING)

1. **VIAL**
 - Patient's first and last name, date of birth, and date of collection are written on vial
 - Vial cap is screwed on tightly
2. **FROZEN**
 - Ice pack
3. **REFRIGERATED**
 - Teal cap plastic vial
4. **TEST REQUISITION FORM WITH PAYMENT**
 - Test Requisition Form is complete
 - Payment is included