

## General Guidelines

**Please read ALL instructions before starting to collect and fill out the requisition form completely.**

**Write your name, date of birth, and date of collection on the vial label and on the front of the test requisition form.**

### 48 hours prior to collection:

- Avoid all dietary supplements and over the counter medications, unless instructed otherwise by your healthcare practitioner.
- Avoid eating seafood (if not routinely consumed).

### 8 hours prior to collection:

- Avoid wearing lipstick and lip balm.

### One hour prior to collection:

- Do *not* eat or drink anything except plain water.
- Do *not* brush or floss your teeth and avoid using mouthwash.

## Frequently Asked Questions

### 1. How long does it take to process the test?

On average, 5-7 business days from the day it is received.

### 2. How much is the test and how can I pay?

You have several options for payment. If you want to pay DiagnosTechs directly, contact your healthcare practitioner for the cost of the kit, and include payment in the shipping box.

### 3. I am taking a certain medication or supplement. Do I need to discontinue while doing the test?

Call your healthcare practitioner; he or she can phone us for clarification.

### 4. I am a resident of New York State. Can I do testing through your lab?

No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

## Shipping Instructions

- Complete the patient portions of the test requisition form.
- Write your name, date of birth, and date of collection on the vial label.
- Write your name and address on top of shipping box.
- Ship samples within 3 days of collection (keep refrigerated until shipment).
- Include check or credit card information and copy of Medicare or insurance card if applicable. We do not accept cash.
- Place vials, requisition form, and payment into shipping box.

■ **US Domestic:** Tuck front flap into box and seal with UPS mailing label (included in box). Place label within dashed lines and adhere over front edge. Send from your most convenient UPS location. Replacement and expedited UPS labels are available on our website: [www.diagnotechs.com/return-a-kit](http://www.diagnotechs.com/return-a-kit)



■ **International:** Delivery charges do apply. Seal box with clear tape. International deliveries should be addressed to the physical address only (see address provided below). Deliveries can be made Monday through Friday via a private courier of your choice. Discounted return UPS labels are available on our website at: [www.diagnotechs.com/return-a-kit](http://www.diagnotechs.com/return-a-kit)

**DiagnosTechs, Inc.**  
Sample Processing  
6620 South 192nd Place, J-106  
Kent, WA 98032 USA



## Toxic Metals & Elements Panel

### Saliva Collection Instructions

Use this collection kit for the following:

### Panels & Tests

- Salivary Toxic Metals & Elements

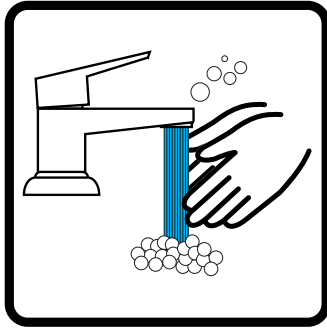
### Contents

- 1 White-capped 5ml vial
- Orange absorbent shipping pad
- Resealable bag
- Requisition form
- Preprinted shipping label (U.S. only)

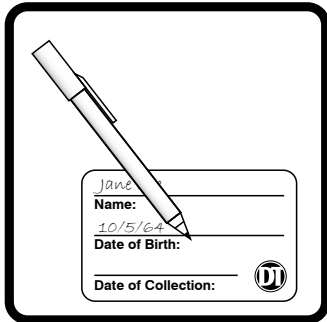


## Collecting Your Sample

1. Wash hands prior to handling the collection vial.



2. Write your name, date of birth, and date of collection on the vial label.

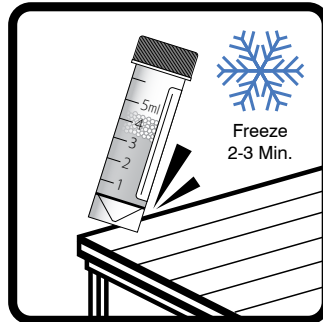


3. Rinse your mouth thoroughly with cold water for approximately 30 seconds. Wait 15-20 minutes before collecting saliva.

4. Fill the vial with your saliva to the 5ml line excluding foam or 'froth'. Take your time. Allow saliva to pool in mouth and then transfer into vial. The vial will be approximately 3/4 full.



5. If too much foam is present to collect to the 5ml line of the vial, cap vial tightly and place the vial in a freezer for 2-3 minutes. Remove vial from the freezer and tap it on a counter top or table top. This should settle the foam so you can continue to collect saliva.



6. When you have finished collecting your sample, recap the vial tightly, place vial in the resealable bag with the absorbent orange shipping pad, and refrigerate the bag until ready to ship back to DiagnosTechs.
7. Ship the resealable bag in the box provided to DiagnosTechs within 3 days of collection.

