

## 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 syringe 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).

### Female patients:

Do not collect urine sample during menstrual period.

## 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. See FAQ #5 below for more options.

### 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.

### 5. Can you send me an itemized statement?

If you send payment to us directly, we will automatically send you an itemized insurance statement. If you paid your healthcare practitioner, please contact him or her for a statement.

## Shipping Instructions

- Complete the patient portions of the test requisition form.
- Write your name, date of birth, and date of collection on the syringe 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

### Urine Collection Instructions

for use with urine syringe

Use this collection kit for the following:

### Panels & Tests

- Urine Toxic Metals & Elements

### Contents

1 Urine syringe assembly

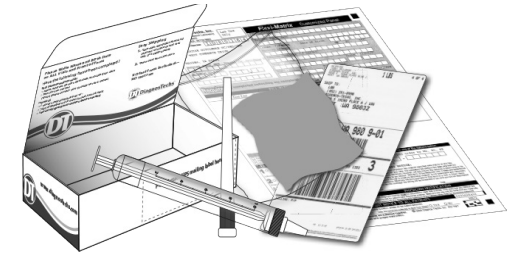
1 Urine collection cup

Orange absorbent shipping pad

Resealable bag

Requisition form

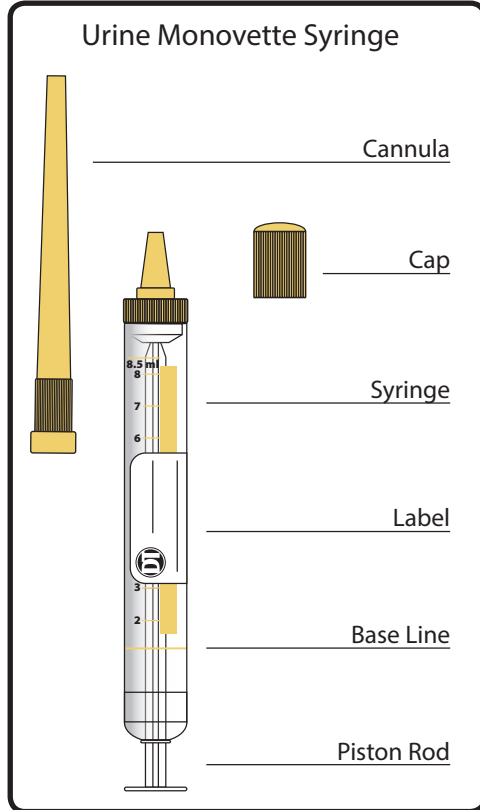
Preprinted shipping label (U.S. only)



## Urine Collection Instructions

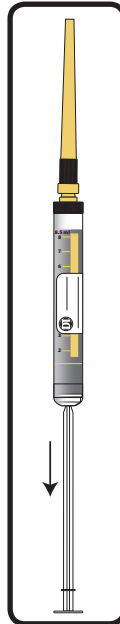
Upon waking, provide first morning urine in the collection cup.

Wash hands prior to handling collection containers.



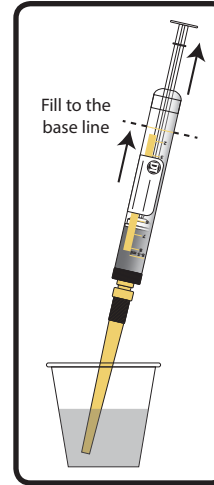
1. Before you take the test, read all instructions.
2. Put all parts of the kit where you are taking the test.

3. Write your name, date of birth, and today's date on the syringe label.
4. Remove the cap on the syringe and keep it handy.
5. Attach the plastic cannula (the straw) to syringe in place of cap.
6. Collect urine in the collection cup to half full.
7. Insert the cannula into the collection cup.



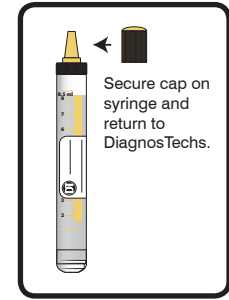
Step 10-11

8. Draw urine up into the syringe through the piston to the solid yellow line on the syringe.
9. Be sure to stop filling at the base line to prevent spilling.
10. Hold syringe with cannula pointing upward.
11. Pull the piston down until it stops and cannula is empty.
12. Be prepared: There may be a few drops of urine left in cannula.

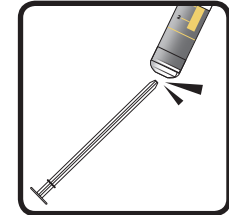


Step 7-9

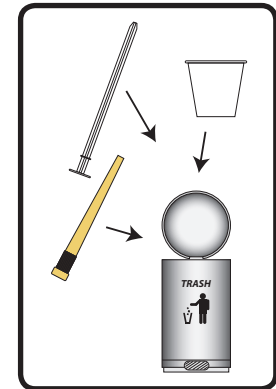
13. Remove the cannula carefully, and replace the cap on the syringe.
14. Snap off the piston rod. This is perfectly safe and easy.
15. Discard the cannula, piston rod and collection cup.
16. Wrap the orange shipping pad around the syringe and place the wrapped syringe in the reusable bag.
17. Refrigerate the bag until you are ready to ship. Ship the resealable bag in the DiagnosTechs box within 3 days.



Step 13



Step 14



Step 15