

General Guidelines

Please read all of these instructions and familiarize yourself with the collection instructions on the reverse side before you begin.

- Write your name, date of birth, and date of collection on the syringe vial label. **The test cannot be performed without this information on the syringe vial.**
- Fill out the test requisition form completely. **The test cannot be performed without the completed requisition form.**
- Please note: Ship your specimens as soon as possible. If you are unable to ship your specimen on the same day you finish the collection, refrigerate your specimen until the first opportunity you have to ship it, preferably within 3 days.

48 hours prior to collection:

- Omit fish and shellfish from your diet. Continue with these food restrictions until you complete the test.
- Do not take dietary supplements and non-essential medications, unless otherwise instructed by your healthcare provider.

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 and date of birth on **all** vial labels.
- 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



■ **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

Diagnos-Techs, Inc.
Sample Processing
840 S. 333rd Street
Federal Way, WA 98003



Timed Salivary Metals & Elements Panel

Saliva Collection Instructions

Use this collection kit for the following:

Panels & Tests

- Timed Salivary Metals & Elements

Contents

5 White-capped 5ml vials

Orange absorbent shipping pad

Resealable bag

Requisition form

Preprinted shipping label (U.S. only)



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Suggested Collection Timeline*

Sample 1: Before chelation

Sample 2: One hour after chelation

Sample 3: Two hours after chelation

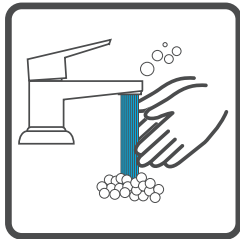
Sample 4: Four hours after chelation

Sample 5: Six hours after chelation

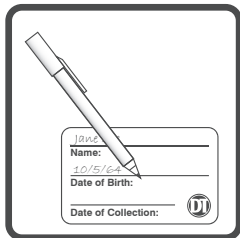
*Unless otherwise instructed by your healthcare provider

Prior to Collecting Your Sample

1. Wash hands prior to handling the collection vials.



2. Write your name and date of birth, on **all five** vial labels.



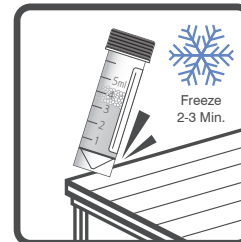
Collecting Your Sample

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

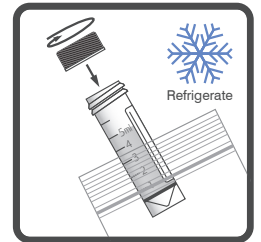
4. Fill the vial with your saliva to the 5ml line excluding foam or 'froth'. Take your time. Allow saliva to pool in mouth and then transfer into vial. The vial will be approximately 3/4 full.



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. Repeat steps 3 through 6 for **all five** vials or as instructed by your healthcare provider.
8. Ship the resealable bag in the box provided to DiagnosTechs within 3 days of collection.

