

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.
- Omit fish and shellfish from your diet.

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?

For test fees, please contact your ordering healthcare provider.

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 (front and back).
- 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. We do not accept cash.
- Place vial, requisition form, and payment into shipping box.

US Domestic: Tuck front flap into box and seal with shipping label (included in box). Place label within dashed lines and adhere over front edge. Drop off your test kit with the carrier indicated on the enclosed return shipping label.



International: Delivery charges do apply. Seal box with clear tape. International shipments should be sent via next day or two-day delivery to the address provided below. Deliveries can be made Monday through Friday via a private courier of your choice.

DiagnosTechs, Inc.
Sample Processing
840 S. 333rd Street
Federal Way, WA 98003



Toxic Metals & Elements Panel

Saliva Collection Instructions

Use this collection kit for the following:

Panels & Tests

- Salivary Toxic Metals & Elements

Contents

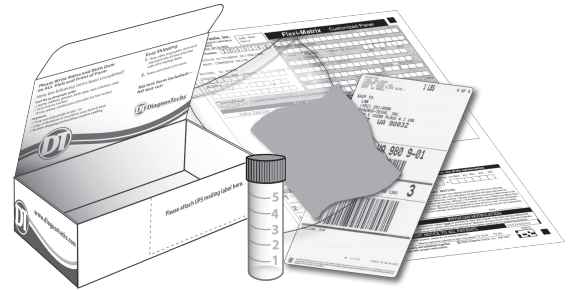
1 White-capped 5ml vial

Orange absorbent shipping pad

Resealable bag

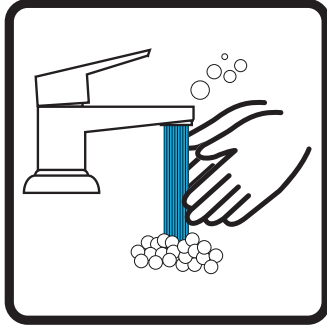
Requisition form

Preprinted shipping label (U.S. only)

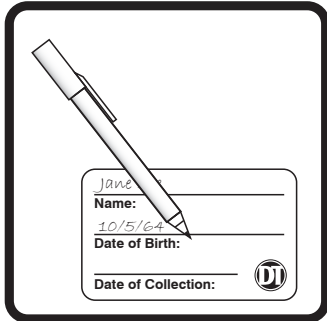


Collecting Your Sample

1. Wash hands prior to handling the collection vial.



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

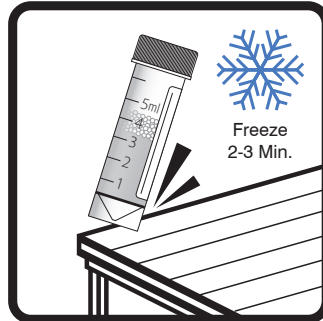


3. Rinse your mouth thoroughly with cold water for approximately 30 seconds. Wait 15-20 minutes before collecting saliva.

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.

