



SAVE THIS BOX FOR SHIPPING YOUR TEST SAMPLE TO THE LAB!

Before the Test: Read the directions and familiarize yourself with the procedures. **Wait at least 2 weeks following a detoxification program before retesting.**

Verify Kit Contents:

1 white specimen collection cup	1 small screw-cap vial
1 zip-lock bag with absorbent material	1 Laboratory Requisition Form
1 DMPS capsule 125 mg capsules	1 prepaid FedEx Shipping Pack & Label

NOT FOR USE IF PREGNANT OR UNDER 18 YEARS OF AGE WITHOUT PHYSICIAN DIRECTION. For child testing instructions, email customercare@mercout.com. This test uses DMPS; if you are not familiar with it, please read the FAQ section on our web site at www.MercOut.com. You will be shipping your sample to an independent laboratory for analysis; results are sent by the lab to the MercOut medical director for evaluation, then emailed to you or your referring clinician.

Before the Test:

- Do not take the test during a menstrual cycle.
- For **2 days** before the test **avoid all seafood and fish oil supplements**
- On the day before the test, drink about 6-8 glasses of water so you are well hydrated
- **Check off: "Bill Physician"**

On the Day of the test:

- **This is a 2-hour heavy metal test – Complete when you wake up first thing in the morning**
- Avoid mineral supplements and food for **at least 2 hours** before the test.
- Empty your bladder—**do not** collect this urine.
- On an **empty stomach** with 8 oz. of water take:
ALL 4 CAPSULES if you weigh **OVER 120 lbs. (>54 kilos)**
3 CAPSULES of DMPS if you weigh **up to 120 lbs. (<54 kilos)**
2 CAPSULES for CHILDREN **30-60 lbs. (13-27 kilos)**
1 CAPSULE for CHILDREN **under 30 lbs. (<13 kilos) NOT RECOMMENDED FOR CHILD UNDER 2 YEARS**
- **You may eat 30 minutes after taking the DMPS capsules.**
- The test will take 2 hours; drink about 32 ounces of water during this 2-hour period so you can create urine.
- **Retain urine in bladder for at least 2 hours** and collect the first urine after that in the white collection cup provided, filling it about ½ full. If after 2 hours you still have no urge to urinate, or have not produced sufficient urine to fill the collection cup halfway, drink another 32 ounces, as you may be dehydrated. It is OK for the test to take longer than 2 hours, just not less than 2 hours.
- **If you can't hold it in your bladder for the 2 hours, collect all urine produced during the 2 hours in a larger, clean container.** You then will pour from this container into the screw-top specimen vial.
TIP: Put a sign or the container on top of the toilet so you don't forget to collect the urine!

TO PROCESS THE COLLECTED SPECIMEN

- Pour the urine into the screw-top transport bottle and tighten the lid securely. Discard any remaining urine.
- Write your name and collection date on the bottle; check box that reads "Post." Place vial in the zip-lock bag with absorbent material and seal, then put in cardboard shipping box your test arrived in.
- On the **Laboratory Requisition Form** provided, fill in **Patient Name, Patient Date of Birth, Sex and Date Specimen Was Collected.** Place the completed form in the shipping box with the specimen.

TO SHIP THE COLLECTED SPECIMEN

Place the box containing your specimen in the FedEx mailing envelope and seal. **The FedEx shipment is pre-paid only if mailed in the U.S. or Canada. Outside these countries you must make your own shipping arrangements. Keep the FedEx receipt with tracking number for your records.**

US Clients: Write your name/address in the space provided on prepaid Billable Stamp. Call FedEx toll free **1-800-238-5355** Monday - Friday to schedule pickup. When you hear automated greeting, say "REP". When asked if you're shipping a package, reply "YES" to be connected to a live representative. Say you need pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

Canadian Clients: Write your name/address in the space provided on Air Waybill (AWB) and sign at bottom. Tear off the shipper's copy of the AWB for your records. Fill out shaded areas of commercial invoice and sign at bottom. Put AWB and commercial invoice in adhesive pouch and affix pouch to Clinical Pak in space provided. Call FedEx toll free at **1-800-463-3339** to schedule pickup. When you hear automated greeting, say "REP". When asked if you're calling to ship a package, reply "YES" to be connected to live agent. Say you need a **Third Party Pickup** for shipment using "**Air Waybill with account number 185197611**" and give your address.



**No Saturday pickup. If you complete the collection on Saturday or Sunday, refrigerate specimen until you ship.
DO NOT USE A DROP BOX – FedEx will not accept test samples placed into a drop box.
Results take up to 10 BUSINESS DAYS to be emailed to you. Please be patient.**

