



Urine Toxic Elements

Before test

1. Omit fish and shellfish for 3 days before test
2. Eliminate non-essential medications 48 hours prior to collection
3. Do not collect urine during a menstrual period
4. Check that you have: orange large collection container, 1 specimen cup, 1 vial, 1 zip-lock bag with absorbent material, 1 test requisition form, 1 FedEx Clinical Pak with prepaid billable stamp, 1 cardboard box that contents came in to send back to lab.
5. Use containers provided to not falsify results

1. Void bladder
2. Take ½ of the capsules given with kit one hour before eating
3. Begin collecting all urine
4. Four hours later take the other half of capsules
5. Continue collection through the next morning, ending with first morning urine

After collection

1. Put orange collection container on a level surface
2. Read volume from the markings on container
3. Put volume on the requisition form (top right hand corner)
4. Put date of collection on the requisition form
5. Put height and weight on requisition form
6. Check box marked 24 hours and fill in the total volume collected.
7. Gently shake orange container for at least 30 seconds
8. Pour urine into specimen vial to the top
9. Label vial with your name, date of birth. **Test cannot be run without this information on vial**
10. Tighten vial so it does not spill
11. Put vial into the zip-lock bag
12. Put bag with urine in shipping box
13. Put signed requisition into the box. Keep in refrigerator until shipped.



Lab Testing Instructions for Patients
Updated: 03/19/13

Progressive Medical Center
Department: Nursing

Shipping

1. Place cardboard box with urine in the FedEx Clinical Pak which was provide
2. Write your name and address in the space provided on the prepaid billable stamp
3. Tear off the customer receipt for your records
4. Affix the Billable Stamp to the Clinical pack in the space provided.
5. Call FedEx at 1-800-238-5355 to schedule pickup
6. When you hear the automated greeting say "REP", you will be asked if you are shipping a package, say "YES." You will then get a live rep
7. Tell rep you need pickup for shipment using a prepaid "Billable Stamp."
8. Give address to rep for pickup
9. **Do not use a drop box. FedEx will not accept it.**

Amino Acid Collection

Before test

1. Omit fish and shellfish for 3-7 days before test
2. Eliminate non-essential medications 48 hours prior to collection
3. Do not collect urine during a menstrual period
4. Check that you have: orange large collection container, 1 specimen cup, 1 vial, 1 zip-lock bag with absorbent material, 1 test requisition form, 1 FedEx Clinical Pak with prepaid billable stamp, 1 cardboard box that contents came in to send back to lab.
5. Use containers provided to not falsify results

Day of Test

1. Void bladder, do not collect first morning urine
2. Collect second urination and all urine, all day including through the night and the first urine of the next morning. Collect all urine for 24 hours, during the day and night, and the first morning of the next day.
3. Collect in specimen cup and pour into orange container
4. Keep orange container in refrigerator until you are ready to mail

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After collection

1. Put orange collection container on a level surface
2. Read volume from the markings on container
3. Put volume on the requisition form (top right hand corner)
4. Put date of collection on the requisition form
5. Put height and weight on requisition form
6. Check box marked 24 hours and fill in the total volume collected.
7. Gently shake orange container for at least 30 seconds
8. Pour urine into specimen vial to the top
9. Label vial with your name, date of birth. **Test cannot be run without this information on vial**
10. Tighten vial so it does not spill
11. Put vial into the zip-lock bag
12. Put bag with urine in shipping box
13. Put signed requisition into the box
14. Freeze specimen and ice pack.

Shipping

1. Place cardboard box with urine in the FedEx Clinical Pak which was provide
2. Write your name and address in the space provided on the prepaid billable stamp
3. Tear off the customer receipt for your records
4. Affix the Billable Stamp to the Clinical pack in the space provided.
5. Call FedEx at 1-800-238-5355 to schedule pickup
6. When you hear the automated greeting say "REP", you will be asked if you are shipping a package, say "YES." You will then get a live rep
7. Tell rep you need pickup for shipment using a prepaid "Billable Stamp."
8. Give address to rep for pickup
9. **Do not use a drop box. FedEx will not accept it.**



Stool Culture

Before starting:

1. Discontinue all antibiotics or antifungals 3 days before collection. Do not do while on these medications.
2. Two days before and during day of stool collection do not take digestive enzymes, laxatives, antacids, aspirin, barium or bismuth containing products.
3. Do not restrict fat intake, so fat absorption can be monitored.
4. Verify that you have: 1 requisition form, 1 foam insulated mailer, 1 polar pack gel pack, 1 FedEx Clinical Pak with billable Stamp
5. Day 1, 2 and 3 bag with the following:
Day 1: 1 Collection container, 1 yellow-capped vial, 1 disposable glove, 1 absorbent material
Day 2: 1 Collection container, 1 yellow-capped vial, 1 white-capped vial, 1 glove, 1 absorbent material
Day 3: 1 Collection container, 1 yellow-capped vial, 1 green-capped vial, 1 glove, 1 absorbent material
6. Save cardboard collection box to ship back to the lab

Day 1: Use day 1 bag

1. Collect your first stool specimen into collection container. DO NOT contaminate with urine or water from toilet
2. Unscrew the cap on yellow-capped vial
3. Use attached spoon to transport stool specimen into the vial.
4. Take multiple portions from different areas of collection container
5. Fill to fill line or ½ way
6. Screw on top tightly
7. Shake vigorously for 30 seconds to mix the stool with the preservative in vial
8. Write your name and date on the side of the vial
9. Place yellow-capped vial in the day one zip-lock bag
10. Place vial in cardboard shipping box at room temperature



Day 2: Use Day 2 bag

1. Collect second stool specimen into collection container. Do not contaminate the specimen with urine or water.
2. Unscrew cap from the white-capped vial and using spoon transfer small amounts from different areas of your stool
3. Fill white-capped vial up to fill line, about half way. Shake for 30 seconds to mix with preservative
4. Unscrew cap on day 2 yellow-capped vial and using the attached spoon take multiple portions from different areas of the collection container. Fill the vial to the fill line or half way. DO NOT OVERFILL. Screw the cap on tightly
5. Shake for 30 seconds to mix the stool with preservative
6. Write your name on white and yellow day 2 vials
7. Put white-capped vial and Polar pak gel freezer pak into the foam insulated mailer and freeze overnight and until shipped.
8. Put yellow-capped vial in the day two zip-lock bag
9. Put yellow vial into cardboard shipping box.
10. You do not need to fill in an id # on the vial. This is for lab use.
11. Leave box and two yellow vials at room temperature

Day 3: Use Day 3 bag

1. Collect your third stool specimen into collection container. Do not contaminate with urine or toilet water
2. Unscrew cap on the green-capped vial and using the attached spoon transport different parts of specimen into the vial. Take multiple portions.
3. Fill vial to the fill line, about half way.
4. Do not overfill
5. Screw on cap tightly.
6. Unscrew the cap on yellow-capped vial and repeat procedure above.
7. Shake both green and yellow-capped vials vigorously for 30 seconds to mix stool specimen with preservatives.
8. Write your name and date of collection on the side of both vials. (id # is filled in by lab)
9. Place green and yellow-capped vials into the day three zip-lock bag. Put bag in cardboard box.



10. Put insulated mailer with frozen white capped vial and polar-Pack gel pack from the freezer in the box in the box.
11. Place foam insulated mailer and contents into the cardboard shipping box.
12. Check to be sure all 3 bags are in the box
13. **Fill out highlighted areas of test requisition completely. The test cannot be run without the information.**
14. Place requisition in box.
15. If you cannot ship immediately, put day two bag and white capped vial back in the freezer, and the other vials in the refrigerator until you are ready to ship.

Shipping

1. Place cardboard box with stool in the FedEx Clinical Pak which was provide
2. Write your name and address in the space provided on the prepaid billable stamp
3. Tear off the customer receipt for your records
4. Affix the Billable Stamp to the Clinical pack in the space provided.
5. Call FedEx at 1-800-238-5355 to schedule pickup
6. When you hear the automated greeting say "REP", you will be asked if you are shipping a package, say "YES." You will then get a live rep
7. Tell rep you need pickup for shipment using a prepaid "Billable Stamp."
8. Give address to rep for pickup

Salivary Hormones:

1. Do not use hormones the night or morning of the test if you are taking any
2. If you are taking birth control pills please confirm with your physician that they want you to take the test anyway.
3. Women will collect saliva days 19-21 of cycle. Day one is the first day of your period. If you are post menopausal any day is fine. Men too can collect on any day.
4. Collect specimen in the morning before breakfast, lunch, dinner and bed.
5. Each color of tube is for a specific time of day.
6. Complete requisition and include in box
7. Make sure all tubes are closed tightly so specimen does not leak.
8. Place tubes in box, use seal to close box.



9. Place specimen in freezer until mailed. Kit must be sent within 14 days of collection.
10. Ship kit with prepaid mailing label.

Hair Mineral Analysis

1. Wash hair; take sample between 4-24 hours after washing. Avoid pools and heavy sweating between washing and the cutting of the hair.
2. Cut hair that is next to scalp. Feel free to use hair along back scalp line to prevent problems with hairline.
3. Take area from different areas of the scalp.
4. Use stainless steel scissors. Aluminum, rusting or peeling scissors can contaminate the results.
5. Cut pieces that are 1 to 1.5 inches, starting at the scalp (i.e. the base of the hair, not the ends). Keep only hair that is 1 to 1.5 inches close to scalp. Cut off the rest of the hair and discard.
6. Weigh hair on scale provided. This ensures that you have cut enough hair.

Adrenal Stress Test

PATIENT PREPARATION:

- **In order to test your adrenal output and response to stress, this test is to be conducted during a "typical" day.**
- It is not necessary to discontinue nutritional supplements prior to this test.
- This test monitors the changes in your body over the course of a day; therefore, a total of **four** specimens will be collected throughout the course of a day.
- Do not eat anything and drink only water for one hour prior to specimen collection.
- **Rinse your mouth with water before each collection. Beverages such as coffee, tea and soda may alter the tests results.**

COLLECTION INTERVALS:

1. Collect the first sample **within 30 minutes of waking**. Write the time of the sample on the tube and check the "AM" box.
2. Collect the second sample between **11:00 AM and 1:00 PM**. Write the time on the tube and check either the "AM" or "PM" box.



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3. Collect the third sample between **4:00 PM and 6:00 PM**. Write the time on the tube and check the "PM" box.
4. Collect the final sample between **10:00 PM and Midnight**. Write the time on the tube and check the "PM" box.

SALIVA COLLECTION:

- Write the patients first and last name, date of birth and date of collection on the test requisition form, **as well as on the collection tubes** using a pen or permanent marker.
- **Rinse your mouth with room temperature water.**
- **Remove** the top from the tube and remove the cotton plug from the suspended insert. **DO NOT** remove the insert.
- **Place** the cotton plug into your mouth and gently chew the cotton for 1-2 minutes.
- **Place** cotton plug back into the collection tube and replace the top securely upon the collection tube.
- **Place** the tube back into the biohazard bag and seal the bag.
- **Repeat** the collection process with a fresh tube and cotton plug for each time interval.

SPECIMEN PREPARATION:

- Place all four specimens into the biohazard bag.
- Seal the biohazard bag.
- After all four samples have been collected, **place them in the refrigerator.**

PATIENT CHECKLIST:

1. **Name, date of birth and collection date** are written on the requisition form and collection tubes. Due to federal and state regulations; **we will not be able to process samples that are not properly labeled.**
2. Tubes are tightly capped
3. The test requisition **MUST** accompany the samples.
4. Return the samples to Progressive Medical Center during your second visit or follow shipping instructions in this document or included with test.