

Urine Heavy Metal Testing Instructions

Heavy metals are stored in tissues and bone, and any testing for long term exposure requires a chelating agent to be given just prior to testing.

Chelating agents are medications that bind to heavy metals like lead and mercury and move them out of tissue stores so that they will show up in blood and urine.

A 'post-provocation' urine heavy metal test refers to testing the urine AFTER taking a chelating agent. A 'pre-provocation' test refers to testing without taking a chelating agent.

A common oral chelating agent is Chemet (DMSA). This prescription will need to be filled at a pharmacy, and the cost may vary from \$10 to \$25. Occasionally, some people may have trouble absorbing DMSA, and then the test results may appear falsely negative – if this happens, a different chelating agent should be used, and the test repeated.

The Doctor's Data basic heavy metal panel by itself is \$60 pre-paid, and the heavy metal panel plus essential elements is \$99. Chelating agents are non-specific, and may also grab onto beneficial elements such as zinc. The addition of the essential elements panel tells us if any of the beneficial elements are being appreciably lost.

1. Do not eat seafood (fish and shellfish) for 1 week prior to the test. Stop all non-essential supplements for 24 hours prior to the test.
2. Take the Chemet or DMSA at bedtime.
3. Go to bed, and collect the first morning urine. Ideally you should not urinate while asleep, but if you do, collect and save it and add the first morning urine to it and then fill the test vial.
4. Follow the instructions on the kit, and make sure your name and DOB is written on the vial.
5. Make sure the form that came with the kit is properly filled out. Include payment or payment information. It is important to pay the lab upfront, and submit the bill to insurance later, as many labs charge more if they have to wait for payment, and insurances rarely pay for specialty labs.
6. Paste the 'ship to' address sticker on the envelope before putting the box in the envelope. Ship accordingly.