

Heavy Metal Urine Testing

Rationale: This test is designed to mobilize any heavy metal in your system and have it excreted through your kidneys into your urine. If your physician has ordered this test she is looking to see whether heavy metal toxicity is part of your health care picture.

Precautions: There are two major precautions regarding this test. First, if you have kidney disease this test is not appropriate because of the additional load on your kidneys. Second, since this test chelates all heavy metals and minerals it will temporarily chelate out calcium and iron. If the reduction of these minerals is contraindicated for you, the test should not be done. Please inform us if you suspect kidney disorders or any other condition that would contraindicate this test, such as the use of calcium blockers for heart disease, etc. The test is not contraindicated for simple anemia.

Reactions: Because heavy metals will be temporarily chelated into your blood stream on their way out via your urine, you may experience some fatigue, mood swings, headache, nausea, or other flu-like symptoms for the short duration of chelation. Pick a day when these symptoms would be tolerable, if they should arise. **If you feel ill on the day you plan to take the test, WAIT. It won't affect the test results, but you will feel worse.**

Preparation:

- Do not eat fish or take any supplements for 72 hours before you begin test. If you have any concerns about stopping supplements, address them with your doctor prior to test.
- Do not stop prescription medications.
- Do not collect sample while menstruating

Procedure:

1. Begin by urinating. This will act as a flush before you get started with the urine collection.
2. After urination take Captomer capsules (ALL the capsules you were dispensed in the envelope at 30 mg of DMSA/kg body weight) with a small amount of food – and start timing 6 hours. This is when the urine collection begins. From this point on, collect all your urine in the plastic cup provided and pour it into the large 3000 ml orange container to store.
3. Continue to collect your urine for the next 6 hours, and make sure to drink at least 30oz of filtered water. Just before the 6 hours is up, urinate one last time.
4. This is the end of the urine collection. Place the 3000-ml container on a level surface and read the volume from the markings on the container. Record this measurement and the number of hours collected (6) on the submittal form. Be sure the total dosage of Captomer is recorded.
5. Mix the urine gently by tilting the collection container. Pour the urine into the small plastic 60-ml bottle until it is nearly full.
6. Follow the instructions in the kit for recording and shipping.
7. Enclose the payment for the test.

Sample test schedule:

1. Wake and urinate at 6:55 AM. Do not save this urine.
2. Take your Captomer at 7:00 AM. Start collecting and saving your urine.
3. Continue to collect each time you urinate until 1:00 PM. Urinate one final time just before 1:00 PM.

Follow up: It takes 2-3 weeks to get results after the test is run. Make an appointment for 3-4 weeks after you send it in. Please call the day before your appointment to make sure results are

in. This alerts the office to follow up if we do not yet have the report. If you have any questions, as always, call us at Emerald City Naturopathic Clinic: 206-781-2206