



Meridian  
Valley LAB

## 6 HOUR URINE MINERAL POST DMPS, EDTA OR DMSA

### COLLECTION & SHIPPING INSTRUCTIONS

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| 1 - Urine Collection Cup (Females Only) | 1 - Cardboard Shipping Box                         |
| 1 - Orange Urine Jug                    | 1 - UPS Next Day Air Pack (US & Canada only)       |
| 1 - 30 mL Urine Vial                    | 1 - UPS Next Day Shipping Label (US & Canada only) |

#### CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.

UPON RECEIPT – REMOVE LID FROM STYROFOAM CONTAINER AND PLACE INTO THE FREEZER – DO NOT REMOVE THE ICE PACK. KEEP VIAL ON TOP OF ICE PACK WHEN FREEZING. REMOVE WHEN NEEDED FOR COMPLETION OF TEST.

**PLEASE NOTE:** When shipping the specimens back to the lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAYS AS DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY**

**OBSERVED HOLIDAYS ARE AS FOLLOWS: NEW YEARS DAY, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY AND THE DAY AFTER, AND CHRISTMAS DAY.**

**DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.**

#### PREPARATION FOR THE COLLECTION

**ONE-WEEK PRIOR TO AND DURING THE URINE COLLECTION avoid Fish and Shellfish**  
*Fish and Shellfish contain relatively high levels of mercury and arsenic and can cause elevated results.*

**TWO DAYS PRIOR TO AND DURING COLLECTION DISCONTINUE THE USE OF THE FOLLOWING unless otherwise instructed by your physician. Never discontinue prescription medications without first consulting your physician.**

- **NON-ESSENTIAL MEDICATIONS**
- **DIETARY SUPPLEMENTS**

Please call 206.209.4200 with questions or Toll Free 855.405.8378  
Monday through Friday 6:00 am – 7:00 pm PST

6839 Fort Dent Way, Ste 206  
Tukwila, WA 98188  
Fax: 206.209.4211

[www.meridianvalleylab.com](http://www.meridianvalleylab.com) [info@meridianvalleylab.com](mailto:info@meridianvalleylab.com)

- **REFRAIN FROM USING ALCOHOL** *alcohol may dilute the sample and cause falsely low results*

**THE DAY OF THE COLLECTION** limit fluid intake to 100 oz.

**FEMALE PATIENTS SHOULD NOT COLLECT URINE DURING A MENSTRUAL PERIOD.**

Schedule with your practitioner to receive the DMPS or EDTA. Follow your practitioner's instructions for DMSA.

## **COLLECTION INSTRUCTIONS**

**NOTE Empty bladder before provoking agent is given (DMPS, EDTA or DMSA) prior to collection. This specimen should not be saved.**

1. The collection period starts immediately following the completion of the administration of the provoking agent (DMPS, EDTA, or DMSA).  
**Collect all urine for the next 6 hours.** Note: anytime during the 6-hour collection that a sample is discarded or spilled, contact your practitioner. Follow physician's instructions for DMSA provocation.
2. Use the plastic collection container provided to collect **ALL** urine for the next 6 hours. (FEMALE PATIENTS: Urinate into the collection cup and pour the urine into the orange collection container immediately after urinating.)
3. The container must be kept refrigerated or on ice until the collection is complete. An ice bath or a cooler may be used. **DO NOT FREEZE SPECIMEN.**

## **IF DELIVERING THE CONTAINER(S) TO MERIDIAN VALLEY LAB**

4. If delivering the container(s) to Meridian Valley Lab, specimen needs to be received within 24-hours of the last collection time. **The collection is now complete.**

## **IF SHIPPING THE URINE TO MERIDIAN VALLEY LAB, CONTINUE WITH THE INSTRUCTIONS BELOW**

5. **If you are sending the sample in to Meridian Valley Lab** - Ensure the lid is tightly secured to the collection container. Mix the 6-hour urine sample by inverting the container several times.
6. Stand the collection container on the small square end. Measure the total volume of urine collected in the container by using the scale on the container itself (scale denotes milliliters (mL)). Record the total volume on the vial label and requisition.
7. Pour the urine into the plastic vial up to the 30 mL mark. Tightly secure lid. Write patient's name and date of collection on the vial label and requisition.
8. Complete enclosed requisition; include payment (if required).

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## SHIPPING INSTRUCTIONS

1. For minerals/heavy metals **DO NOT FREEZE THE URINE**, refrigerate until shipping.
2. Remove icepack and styrofoam container from freezer.
3. Place vial in the zippered portion of the biohazard bag. Seal bag.
4. Place the Requisition in the outside pocket of the biohazard bag. Include payment if required.
5. Place biohazard bag next to the frozen ice pack in the styrofoam container.
6. Place styrofoam container into cardboard shipping box.
7. Place the cardboard box in the UPS next day air pack and securely seal.
8. Place return shipping label with barcode on the outside UPS next day air bag.
9. Save return receipt with the tracking number for your records.
10. Send specimens Monday through Thursday only.
11. Call UPS toll free at **1.800.742.5877** for a pickup or for the nearest drop location. UPS will only pick up on weekdays.
12. When calling for UPS pickup, request “**ON CALL AIR**” only. **DO NOT request a one-time pickup.** Meridian Valley Lab pays for “**ON CALL AIR**” only. UPS expects the patient to pay for a one-time pickup.

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