

# HEAVY METALS & NUTRIENTS

## Testing Instructions

### 1 Choose Your Collection Day

- ▶ Read all instructions thoroughly and decide the ideal day(s) for you to test. Mark it on your calendar.
- ▶ Please ask your health care provider whether you are to collect samples for only urine or blood, or both.

#### Men, Children & Non-Menstruating Women

- ▶ Collect Dried Urine or Blood Spot any day of the month.

#### Menstruating Women

- ▶ For Dried Urine tests, you can collect any day not menstruating.
- ▶ For Blood Spot tests not listed below, you can collect any day of the month.
- ▶ If you are testing FSH for fertility reasons, collect Blood Spot on day 3 of menstrual cycle.
- ▶ If testing Blood Spot Estradiol (E2), Progesterone (Pg) or Testosterone (T):
  - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
  - Irregular Cycles: If you know when your period will start, choose 5 days before.
  - Unpredictable: Collect any day when not bleeding.
- ▶ Failure to follow instructions may compromise your lab results.



View the collection video at [www.zrtlab.com](http://www.zrtlab.com)

### 2 Hormone Users *skip this step if not using hormones*

- ▶ **Topical, Oral, Troche or Sublingual Therapies:** The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.  
Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using gloves or an applicator). Change sheets, pillow cases and hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones. Troche or Sublingual Therapy users can collect 6-10 hours after last dosage.
- ▶ **Patches, Vaginal Rings, Pellets or Injectables:** Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
- ▶ **7-Keto DHEA:** Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.

### 3 Prepare for Collection

- ▶ If you are testing CardioMetabolic Profile tests (e.g. insulin, triglycerides) ZRT recommends fasting (no food or drink other than water) 10-12 hours overnight before collecting in the morning.
- ▶ Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.
- ▶ Unless otherwise directed by your healthcare provider, use the collection table below as a guide to time your collections.

Collection Timetable	UPON WAKING	BEFORE BED
Blood Spot	●	
Dried Urine	Strip #1	Strip #2
	●	●

## 4 Collect Samples

### Dried Urine Collection

#### Important

##### Diet & Supplement Considerations

If you take iodine and/or selenium supplements (e.g. Iodoral, multi-vitamin) daily, continue to take them as usual when testing. If you eat foods high in iodine or selenium, or take supplements only periodically, avoid them the day before and day of your urine collection. Foods highest in iodine include seafood, seaweed (kelp) and dairy products. Foods highest in selenium include Brazil nuts.



#### STEP 1

At each collection time: Remove a collection card from the baggie.

Write your name, the date and time of collection on the card prior to collecting the sample.



#### STEP 2

**To collect:** Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or

by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



#### STEP 3

Hang or tape the collection card in a secure place to dry - like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.



#### STEP 4

Allow to dry completely for at least 6 hours.\* Once dry, refold the collection card and place sample back into the baggie and seal. Repeat steps 1-4 for each collection.

### Blood Spot Collection

#### Important

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

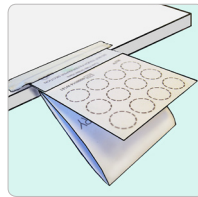
- ▶ Soak through the collection card so that blood shows through on the back.
- ▶ Be at least the size of a pencil eraser (appx 1/4" or 6.5 mm).
- ▶ Contain one drop per circle, no overlapping.



#### STEP 1

Collect blood sample within 1 hour of waking. Wash hands with soap and water. Use a clean towel to dry hands. Move arm to increase circulation and make sure hands are warm. Write your name, the date and time of collection on the card prior to collecting.

**Tip:** To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.



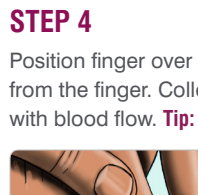
#### STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger is recommended. Wipe finger with alcohol prep pad & allow to air dry for 15-30 seconds.



#### STEP 3

Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.



#### STEP 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow. **Tip:** Massage arm from elbow to base of finger.



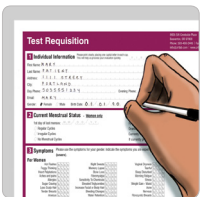
#### STEP 5

As blood drop forms and is ready to fall, touch the drop (not your finger) onto the center of the circle (one drop per circle). Continue collection until all circles have been filled. When finished, apply bandage.

#### STEP 6

Leave blood spot card open to dry - minimum 30 minutes. Once sample is dry, close flap. Store card in a cool, dry location away from direct sunlight until card is shipped.

## 5 Finish & Send



#### STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



#### STEP 2

Place the samples,\* the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.



#### STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.

**\*Note that samples MUST be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for sample recollection.**