



## 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: 11/16/12**

**Progressive Medical Center**  
**Department: Nursing**

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#### 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.**