

**Testing to determine Heavy Metal Exposure:**

Before you begin to remove heavy metals you need to know which ones are present. NEWS does this by utilizing Genova's Toxic Element Exposure Profile. We use a chelator to do a "challenge" test.

**Testing Directions:**

This urine test is performed after administration of 500mg of the metal chelator DMSA (2,3-Dimercaptosuccinic acid) to evaluate the body burden of Mercury and other toxic heavy metals. DMSA is used to facilitate the release of mercury and selected other metals that might be in tissues or other locations not part of the circulatory system. The Mercury-DMSA and other metal-DMSA complexes are then eliminated into the urine, which is sent to the lab for measurement by atomic absorption and emission spectrometries. The metals reported include: Aluminum, Antimony\*, Arsenic\*, Barium\*, Bismuth\*, Cadmium, Cesium, Gadolinium, Gallium, Lead, Mercury\*, Nickel, Niobium, Platinum, Rubidium, Thallium, Thorium, Tin, Tungsten, Uranium, Creatinine. [\* = heavy metals]

**Procedure:**

1. Awake in the AM and empty your bladder.
2. Take one 500 mg DMSA capsule and a glass of water (wait at least 1 ½ hours before eating).
3. Collect all of the urine produced for the next six hours after taking the DMSA capsule in the plastic urine collection container. Be sure to include a urine void at the six-hour time point, if possible, to complete the full collection.
4. After the collection is complete mix the jug well (shake gently) and fill the blue top tube from the test kit with urine. Tightly seal the screw-top of the blue top tube.
5. Place the blue top tube in a Ziploc bag, seal the bag and place both in the Styrofoam container included with the test kit.
6. Place the Styrofoam container in the cardboard mailer and send it to Genova Diagnostics.
7. If you are not sending the sample out on the same day as the collection please keep the sample refrigerated until mailed.
8. Be sure to fill out the requisition form completely, please include the number of "silver" metal (amalgam) dental fillings that are present. Gold and porcelain fillings do not count. If you have had fillings removed please so indicated including the date(s) that the procedure was performed.