



US FedEx Shipping Instructions:

1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.

2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pak in the space provided.

3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

You may ship specimens Monday through Friday only. If you complete this test on a Saturday or Sunday, you must hold the specimens until Monday before shipping.

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Fecal Heavy Metals

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures. For three days prior to and until you complete the stool collection, suspend usage or consumption of the following substances:

- ◆ Fish, and shellfish
- ◆ Oyster shell calcium and dolomite supplements
- ◆ Barium enemas
- ◆ Bentonite clay
- ◆ Mineral or Castor Oil
- ◆ Rectal suppositories
- ◆ Bismuth-containing medications (e.g. PeptoBismol)
- ◆ Antacids

Do NOT have dental amalgams installed or removed for three days prior to stool collection.

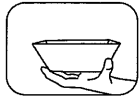
Never discontinue prescription medications without first consulting your physician.

Verify Kit Contents:

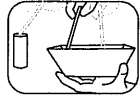
- 1 Test requisition form
- 1 Collection container
- 1 Specimen h2O vial
- 1 Transport spoon
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 FedEx Clinical Pak with Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

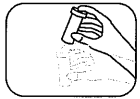
Collection Instructions:



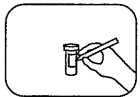
1) Collect your stool specimen into the collection container. *DO NOT contaminate the specimen with either urine or water from the toilet.*



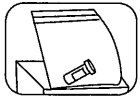
2) Unscrew the cap on the specimen vial and fill the vial by taking multiple portions from different areas of the collection container with the transport spoon. Stop filling when the liquid reaches the fill line (35mL). **DO NOT OVERFILL.** Screw the cap on *tightly*.



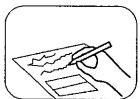
3) Shake the specimen vial vigorously for approximately 30 seconds to mix the stool specimen with the water in the vial.



4) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.**



5) Place the specimen vial into the zip-lock bag, then place the bag into the cardboard shipping box.



6) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen the same day you finish the collection such as over a weekend or holiday, put the bag containing the specimen vial into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.