

# Onna Lo M.D.

A Partnership to be *Happy, Healthy, Holistic*

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1152 Solano Ave., #2B, Albany, CA 94706    [www.OnnaLoMD.com](http://www.OnnaLoMD.com)    [Support@OnnaLoMD.com](mailto:Support@OnnaLoMD.com)    510-747-9033

## Urine Metal Toxic Screen test instructions

Stop all non-essential meds and multi-mineral supplements 24 hours before test. Fish and shellfish should be avoided 1 week before provocation.

Be well hydrated for the provocation testing.

1. Immediately after awaking, empty the bladder completely into 1st urine test kit. Label : Pre-provocative.
2. Do not eat any food for 2 hour except for small amount of food needed to take the Provoking agents. (20mg/kg DMSA in 250mg capsules or 500mg capsules)
3. Take DMSA capsules. Take with an 8-ounce glass of water or other fluid immediately after the bladder is emptied. Avoid eating breakfast for another 2 hours to ensure fast absorption of the DMSA.
3. Collect all urine in the plastic collection jug for six hours after taking the pills.
  - You may eat breakfast 2 hour or more after taking the pills
  - Drink only a 0.5 - 1 L purified water during the 6-hour collection period.
4. At the end of the 6-hours, empty the bladder of all urine into the collection jug one last time. Mix the urine before pouring into the small test tube to mail in.
6. Follow the regular instructions for shipping urine samples.

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