



Collection Instructions: Metals - Toxic + Nutrient Elements (Stool)

Your practitioner requested that you perform this test because analysis of elements in stool provides indirect information about the potential for toxic metal burden. For many toxic metals, stool excretion is the primary natural route of elimination from the body. Stool elemental analysis also provides a direct indication of dietary exposure to toxic metals. Mosaic Diagnostics is here to help you take the next step.

For online instructions
use the QR code or visit
mosaicdx.com/instructions



Test Kit Contents

Start by identifying these elements of your test kit.

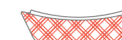
If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit
box



Disposable
gloves



1 Collection tray



Clear
biohazard
zip-lock
bag



Shipping
laboratory pak



Disposable
spoon



Absorbent
packing sheet



Specimen vial
(containing water)
Check vial bag for expiration date

Before You Start:

There are no special dietary restrictions. Don't collect your specimen within 3 days of having a GI exam using barium contrast agents or having dental amalgams (silver fillings) installed or removed. If you have dental amalgams, please indicate this on the sticker located on your clear biohazard zip-lock bag.



Let's Get Started

1

Complete the information on the barcode sticker AND the vial by writing the patient name, date of birth, and collection date. Place the barcode sticker on the vial, ensuring information written on the vial is visible. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

2

Put on a glove and collect stool sample in collection tray. Do not allow urine or water to touch the sample.

3

Using the disposable spoon, take multiple samples from different areas of the specimen and add them to the vial. Ensure the specimens reach the fill line. Tighten cap completely and shake vigorously for about 30 seconds. Place in the refrigerator until ready to ship.

1



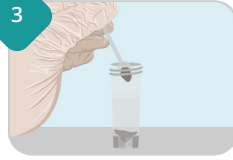
+

2



+

3



Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com

Preparing the Package

1

Ensure the vial is labeled and tightly sealed.

Place the specimen vial into the clear biohazard zip-lock bag. Add the absorbent packing sheet, seal using the zip-lock feature.



2

Place the sealed biohazard zip-lock bag into the test kit box.



3

Place the test kit box in the shipping laboratory pak.



Locate the shipping instruction card for details on how to ship.

Samples must be shipped on a **Monday, Tuesday, or Wednesday** (*outside the US, Monday or Tuesday*). If you collect on the weekend, hold until Monday to ship.

Your test results will be delivered to your healthcare practitioner within 2-3 weeks after the sample(s) being received at Mosaic Diagnostics.

It will be up to your healthcare practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.