

Preparing the Package

1

Ensure the frozen specimen is labeled, volume is recorded, and cap is tightly sealed. Place all frozen specimens and absorbent packing sheet in the biohazard zip-lock bag and seal.



2

Place the biohazard zip-lock bag and frozen ice pack into the silver thermo bag.



3

Place the silver thermo bag into the test kit box and close the lid.



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

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



Collection Instructions: Urine - Timed and 24-Hour Metals Toxic + Nutrient Elements

Your practitioner has requested that you perform this test because urine is one of the primary routes by which your body eliminates impurities such as heavy metals from your system, and as a result provides a relatively convenient and efficient way to identify these levels. Mosaic Diagnostics is here to help you take this next step.

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



Clear biohazard zip-lock bag



Large collection cup



Silver thermo bag



Absorbent packing sheet



Large collection container (or collection bag)



Ice pack (place flat in freezer immediately)



Collection cup



Shipping laboratory pak

Before You Start:

- Pick a day that works best for you, when you can count on having access to the same bathroom each time you need to go. Check that the large collection container fits inside your refrigerator between collections.
- Do not collect your sample while menstruating. Wait until the following week.
- It is recommended that you omit fish and shellfish from your diet for one week prior to collecting the urine specimen.
- If an MRI containing Gadolinium-based media has been administered, a urine specimen should not be collected for a minimum of 96 hours.
- Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

Let's Get Started

1

Begin your collection with your second urination of the day.

- **24-hour collection:** Collect each urine sample every time you go throughout the day and night, and end with the first urination of the following morning.
- **Timed Collection:** Collect all urine up to and including the last urination of the prescribed time period.

2



Use the large collection cup to collect the entire content for each urination. Pour contents into the large collection container or collection bag (bag not pictured) when finished.

3



Place the large collection container (or collection bag) in the refrigerator between collections.

4



Complete the information on the barcode sheet by writing the patient name, date of birth, and date you finished your collection. Place the barcode sticker on the collection cup. Use blue or black ink from a ballpoint pen. Do not use felt-tipped pens or dry-erase markers.
NOTE: Unlabeled samples will be rejected.

After Collecting the Last Sample

1

For the 24-hour collection only, on the top of the urine collection cup write the total volume that you collected in the large collection container or bag.

2

Close the large collection container or collection bag and swish to mix contents.

3

Fill the collection cup to the 50 mL line and pour off anything above this line. Place the lid on the collection cup and seal tightly.

4

Ensure you have adhered the completed barcode sticker to the collection cup and recorded the total volume (for 24-hour collections only) on the urine collection cup.

5

Place the collection cup in your freezer for a minimum of 4 hours or until frozen (30 days maximum). Check the box on the barcode label to indicate the sample has been frozen.

6

Once you are sure all the above steps have been completed, discard the remaining contents in the large collection container or collection bag.

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

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

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.