



**MOSAIC™**  
DIAGNOSTICS  
*Formerly Great Plains Laboratory*

# A Day in the Life of Your Body

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





## Why Measure Metals?

When heavy metals get into your system, they build up in body tissues where they can cause a multitude of issues. While most heavy metals are highly regulated in the U.S. and other countries, trace amounts are still present in the environment in many forms. As a result, it is possible to accumulate toxic metal levels unknowingly even if you are not in a high-risk industry or living in a high-risk area.

## Why a Timed or 24-Hour Urine Test?

Urine is the primary route 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 heavy metal exposure. Metal excretion levels can vary throughout the day, which is why your healthcare provider has ordered a timed collection.

We realize that the multiple collections can be challenging, but we're here to help you get by with a little planning and ingenuity.

# Test Kit Contents

Start by identifying these elements of your test kit.



*Test Kit Box*



*Absorbent packing sheet*



*Collection cup*



*Large Collection Cup*



*Silver thermo bag*



*Large Collection Container  
(or Collection Bag,  
not pictured)*



*Ice pack*



*Shipping  
Laboratory Pak*



*Clear biohazard  
zip-lock bag*

# Preparing For Your Test

1

**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.

2

**Place the ice pack flat in your freezer**, so it will be ready to ship with your specimen. **Place the large collection cup, this booklet and the large collection container in the bathroom** where you will be collecting your samples.

3

**Set the rest of the contents aside** so you can find them when it is time to return the specimen. These should include:



*Test Kit Box*



*Clear biohazard zip-lock bag*



*Shipping Laboratory Pak*



*Silver thermo bag*



*Absorbent packing sheet*

# Before You Take Your Test

- 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.

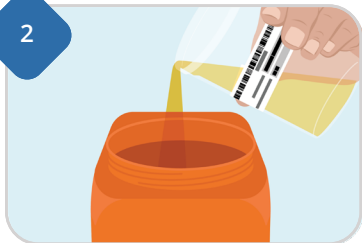
# Let's Get Started

1

**Begin your collection with your second urination of the day.**

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

2



**Use the specimen 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** (bag not pictured) in the refrigerator between sample collections.

4



**Locate and complete the barcode sheet** in your test kit. Record the date you finished your collection. Place barcode sticker on the collection cup. Be sure that the information is legible and includes the collection date and that the name matches what was provided on the test order.



# After Collecting the Last Sample

1

**For the 24-hour collection only**, you will need to record the total volume on the sticker adhered to the top of the urine collection cup. To do so, place the collection container on a flat surface and use the numbers on the side that indicates the total volume you've collected.

2

**Close the Large Collection Container or Collection Bag** and swish to mix contents.

3

**Fill Collection Cup to the 50 mL line** and pour off anything above this line to prevent leaking once frozen.

4

**Place the lid on the Collection Cup and seal tightly.**

5

**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.



6

**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.



7

**Once you are sure all the above steps have been completed,** discard of the remaining contents in the Large Collection Container or Collection Bag (do not return).



!

**Ensure all samples are labeled.  
Unlabeled samples will be rejected.**

# Preparing the Package

1

**Retrieve the packaging material you set aside.** Locate the clear biohazard zip-lock bag, silver thermo bag, and absorbent packing sheet.



*Clear biohazard zip-lock bag*



*Silver thermo bag*



*Absorbent packing sheet*

2

**Remove the frozen collection cup, frozen ice pack, and any vials for other urine tests from the freezer and check caps for tightness.**



*Collection cup + any other test vials or cups*



*Ice pack*

3

**Place all frozen specimens and absorbent packing sheet**  
in the biohazard zip-lock bag and seal.



4

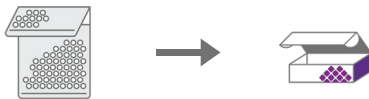
**Place the sealed biohazard zip-lock bag into the silver thermo**  
**bag** along with the frozen ice pack.



5

**Place the filled silver thermo bag into the Test Kit Box.**

If using the Test Requisition Form, also place in box. Close the lid. Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).



# What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs.

It will be up to your doctor or 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.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

# 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](mailto:CustomerService@MosaicDX.com)



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MDX-INST-HM-URINE-24T 7-2024 v.5