

Toxic Metal Provocation Testing

Chelating or metal binding agents bind to metal ions and mobilize them from tissue stores. A urinary metals challenge test (e.g. provocation) is the best way to assess the retention of toxic metals in your body.

Preparation:

1. As a trial, ingest 2 capsules of DMSA provided in the trial dose packet. Wait 48 hours. If you have a significant reaction (gas, bloating, diarrhea, etc.), do not continue with the protocol and call the office. If you experience no significant reaction on the trial dose, continue with the next steps of the protocol.
2. Stop all nonessential medication and multi mineral supplements 24 hours before administration of DMSA. Fish and shellfish should be avoided for 1 week prior to the challenge.
3. Collect a first morning urine sample using one kit. Follow the instructions that came with the collection kit regarding sample preparation and shipping. On the requisition form, label this test kit "pre-provocation."
4. Now with an empty bladder and empty stomach, ingest the DMSA provided in the DMSA provocation packet. You will now use the second kit to collect all urine for the following 6 hours. Food should not be eaten for the first 2 hours to ensure absorption of the DMSA. Drink ½ to 1 liter of water during the 6 hours. You may experience mild gas, bloating, and/or loose stools during this time. Such symptoms typically subside within 6 hours. Follow the instructions that came with the collection kit regarding sample preparation and shipping. On the requisition form, label this test kit "post-provocation."

5. Make an appointment for at least 2 weeks following the completion and mailing of the test. It takes 10 working days to get the lab results back.
6. Call if you have any questions.