



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Stool Toxic Metals

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures. 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.

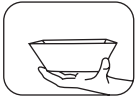
Never discontinue prescription medications without first consulting your physician.

Verify Kit Contents:

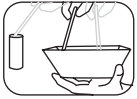
- 1 Test requisition form
- 1 Collection container
- 1 Specimen vial containing water
- 1 Transport spoon
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 FedEx Clinical Pak with Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip-lock bag. Do not put it in the specimen vial.

Collection One:



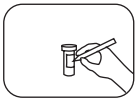
1) Collect your stool specimen into the collection container. *DO NOT contaminate the specimen with either urine or water from the toilet.*



2) Unscrew the cap on the specimen vial and fill the vial by taking multiple portions from different areas of the collection container with the transport spoon. Stop filling when the liquid reaches the fill line (35mL). **DO NOT OVERFILL.** Screw the cap on *tightly*.



3) Shake the specimen vial vigorously for approximately 30 seconds to mix the stool specimen with the water in the vial.



4) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. ***The test cannot be performed without the patient information on the vial.***



5) Place the specimen vial into the zip-lock bag, then place the bag into the cardboard shipping box.



6) Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen the same day you finish the collection such as over a weekend or holiday, put the bag containing the specimen vial into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.