

PATIENT INSTRUCTIONS

Mercury Tri Test® and Blood Metals Panel

Quicksilver Scientific is a CLIA certified laboratory offering mercury speciation and blood metal testing for human health. We use state-of-the-art testing technology, including patented mercury speciation technology, to give the most accurate and reliable metal testing available today. The Mercury Tri-Test is the only clinical testing suite that utilizes blood, hair, and urine to measure both exposure and excretion rate. The Blood Metals Panel screens a broad range of nutrient and toxic metals to show elevated exposures to toxic metals or imbalances of nutrient metals in the whole blood.

The Quicksilver Scientific lab team works hard to give careful attention to each and every test we process and analyze. In most cases, it takes about 3-4 weeks from receipt to completion. Turnaround times may vary, however, we cannot guarantee exact processing times. Processing times may be extended during holiday periods.

MATERIALS CHECKLIST

PLEASE READ THROUGH THESE INSTRUCTIONS IN THEIR ENTIRETY BEFORE BEGINNING SAMPLE COLLECTION.

Before you begin, make sure you have been provided each of the following:

1. Patient Requisition Form (PRF)

This form, provided in your test kit or by your practitioner, will contain your contact information and inform the Quicksilver Scientific laboratory which samples you will be providing for analysis. Please complete everything on the PRF, including which test you are submitting. Return the PRF in the box with your samples. **Your results may be delayed without this form and if there is missing information.**

2. Sampling Kit

The Quicksilver Scientific Test Kit contains these supplies for preparing and shipping samples for both tests:

Domestic Kit – 48 Contiguous States:

- 4 sample labels
- 2 absorbent cloths
- 2 biohazard zip-top specimen bags
- 2 blood collection tubes
- 1 urine collection tube
- 1 urine collection cup
- 1 hair collection bag
- 1 Quicksilver sample box for shipping
- Patient requisition form
- 1 laboratory shipping pak
- 1 Prepaid 2-Day Air Shipping Label

Domestic Kit – Alaska & Hawaii

- 4 sample labels
- 2 absorbent cloths
- 2 biohazard zip-top specimen bags
- 2 blood collection tubes
- 1 urine collection tube
- 1 urine collection cup
- 1 hair collection bag
- 1 Quicksilver sample box for shipping
- Patient Requisition Form
- Please Note: shipping is not included for kits coming from Alaska or Hawaii. Arranging and paying for shipping is the responsibility of the patient. We recommend a 3-day (or quicker) shipping option.

Quicksilver Canada Kit

- 4 sample labels
- 2 absorbent cloths
- 2 biohazard zip-top specimen bags
- 2 blood collection tubes
- 1 urine collection tube
- 1 urine collection cup
- 1 hair collection bag
- 1 blood draw set (butterfly and tourniquet)
- 1 Quicksilver sample box for shipping
- Canadian Patient Requisition Form
- 1 Laboratory Shipping Pak
- 1 Prepaid 2-Day Air shipping label
- 1 commercial invoice

International Kits:

- 4 sample labels
- 2 absorbent cloths
- 2 biohazard zip-top specimen bags
- 2 blood collection tubes
- 1 urine collection tube
- 1 urine collection cup
- 1 hair collection bag
- 1 Quicksilver sample box for shipping
- Patient Requisition Form
- 1 Commercial Invoice
- Please note: shipping is not included for international kits. Arranging and paying for shipping is the responsibility of the patient. We recommend a 3-day (or quicker) shipping option.

SAMPLE COLLECTION

These patient instructions will help you to correctly collect, package, and ship your samples to the laboratory. All of the labeling and packaging materials that you will need are contained in the sampling kit.

BLOOD COLLECTION

(MERCURY TRI-TEST AND/OR BLOOD METALS PANEL)

DO NOT eat seafood or fish products for 72 hours prior to collecting your blood sample. **Fish oils are OK.**

(Please note, for patients doing the Mercury Tri-Test – your urine and blood samples must be taken within 48 hours of each other.)

For blood collection, Quicksilver Scientific recommends that patients go to their practitioner, a clinical laboratory, or a local hospital. You will be responsible for any additional fees. We can provide a list of potential draw sites if needed.

If you are going to a separate collection site (not your practitioner's office) for your blood draw: **Call the collection site before going for your blood draw to confirm that they offer blood draw services for test kits they do not carry.** Some phlebotomy laboratories may require that they ship the sample directly to us. Ask if you need to bring your kit, including hair and urine samples, and the shipping materials with you.

What you will need:

- EDTA preserved vacutainer blood tube(s) – has rounded bottom and dark blue cap
- Sample label(s)
- Absorbent cloth(s)
- Biohazard zip-top specimen bag
- Patient Requisition Form

Procedure:

- Take your Patient Requisition Form to the collection site to get your blood drawn. It should be drawn in an EDTA preserved vacutainer blood tube.
- Fill tube at least halfway (minimum 5 mL per tube)
We only need 1 blood sample for the Mercury Tri-Test or 1 blood sample for the Blood Metals Panel. If you are doing both tests, we need 2 samples.
- Wrap the tube in the absorbent cloth provided and place the wrapped tube into the biohazard zip-top bag.

Note: DO NOT spin down or freeze blood. We cannot analyze clotted blood. No ice packs are needed for shipping. If you aren't shipping the sample back to us on the day it is drawn, please store it in the refrigerator.

URINE COLLECTION

(MERCURY TRI-TEST ONLY)

Please note, for patient doing the Mercury Tri-Test – your urine and blood samples must be taken within 48 hours of each other.

Persons who are menstruating: you must wait until menstruation has ceased before collecting your urine samples.

What you will need:

- Sample label
- Urine collection cup
- Urine collection tube
- Absorbent cloth
- Biohazard zip-top specimen bag

Procedure:

1. Take your urine sample, preferably from your first morning emission. Use the plastic collection cup to collect a midstream sample (not the beginning or end of the flow).
2. Transfer a portion of your sample into the urine collection test tube. The sample should fill up the tube to between lines marked 9 and 11. Cap the sample test tube tightly, making sure the cap is not crooked (mis-threaded) or leaking.
3. Write your name, date of birth, and sample date on the sample label provided. Affix the label on the test tube.
4. Wrap the test tube in the absorbent cloth and place the wrapped urine collection vial into the biohazard zip top bag.

HAIR COLLECTION

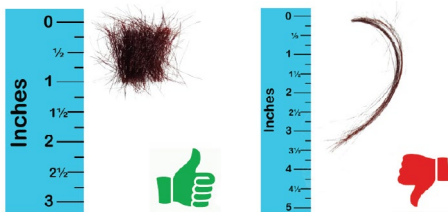
(MERCURY TRI-TEST ONLY)

What you will need:

- Scissors or shears
- Sample label
- Hair collection Bag

Procedure:

1. Write your name, date of birth, and sample date on the sample label provided, and affix it to the hair bag.
2. Pinch a section of hair at the base of the back of your head. The amount of hair should be about an inch wide when flattened, between 100-200 strands of hair.
3. Cut the hair as close to the scalp as possible. You may want to ask a friend or family member to help you with this step.
4. Trim the sample so that the only portion of hair going into the sample bag is the 1-inch section closest to your skin. The sample should be about 1 inch in length, and 1/2 inch in width when laid flat. If your hair is too short, please double the width to about 300-400 strands of hair, or about half a gram in weight. (There must be a sufficient amount of hair sample for analysis. Please see the photos above.)
5. Place the section of hair (1 inch closest to the scalp) into the hair sample bag and seal it closed.



Note: DO NOT send a hair sample that has been treated with a perm; all other hair treatments, including dye, are acceptable. If you do not have enough scalp hair or you do have a perm, you can substitute with pubic/body hair.

PACKAGING & SHIPPING YOUR SAMPLES

Once you have collected all of your samples, you are ready to ship them to the laboratory. **It is recommended that samples are shipped out Monday through Wednesday so that they arrive in our facility the same week.** If they are shipped Thursday or Friday, they will arrive over the weekend and we will not be open to receive them until the following Monday. You may keep samples refrigerated until Monday to be shipped out.

What you will need:

- Patient Requisition Form
- Biohazard zip-top bag containing blood sample
- Biohazard zip-top bag containing urine sample (Mercury Tri-Test only)
- Hair sample - in small pink sample bag (Mercury Tri-Test only)
- Quicksilver sample box
- Commercial invoice (International Kits & Canada)
- Laboratory Shipping Pak and prepaid shipping label (48 contiguous US states and Canada only)

Procedure:

1. Complete the Patient Requisition Form in its entirety. Fold it and place it in the sample box.
2. Place packaged samples in the sample box.
3. Place the sample box containing the samples in the laboratory shipping pak.
4. International Kits & Canada: Place the commercial invoice in the commercial invoice pouch and affix to external packaging.
5. Put the shipping label on the laboratory shipping pak and ship samples to:

Quicksilver Scientific
1960 Cherry Street
Louisville, CO 80027
United States

