

Metabolomix+

BEFORE YOU BEGIN:

There are multiple samples requested for this testing and you will notice multiple collection containers. This page is designed to provide a high level overview of the collection process and requirements while each bag will contain very specific and detailed instructions.

IMPORTANT THINGS TO KNOW AND CONSIDER

- **Testing is not available for patients less than 2 years old**
- **Female patients should not collect during menstrual period**

2 Days before the test

- **Discontinue** all of the following (unless instructed otherwise by your physician):
 - » **Supplements containing creatine, vitamin C or any mineral elements** measured on this test
 - » **Other substances that may influence urinary element excretion of elements**
 - » **Seafood** (unless asked to continue by your healthcare provider)
 - » **Continue** with the above food restrictions until your sample is completely collected

24 hrs before the test:

- **Eat** usual diet, but **avoid** over-consuming any single food or extreme diet
- Fluid intakes should be **limited to 2 litres of fluid** over a 24 hour period

BAG ONE contains the collection instructions supplies needed to collect a **Blood Spot Essential & Metabolic Fatty Acid Profile**

(note this may or may not be requested by your Health Care Provider, please see requisition form to determine if this collection is necessary. This is typically collected the morning of Day 1 and requires an 8 hour fast)

BAG TWO contains the collection instructions and supplies needed to collect urine specimens for a **Metabolomix+**

*(note this requires an 8 hour fast and is typically collected the morning of Day 2) as well as collection instructions and supplies needed to collect a **buccal swab for genetic markers** (note this may or not be requested by your Health Care Provider, **please see requisition form to determine if this collection is necessary.** This is also typically collected the morning of Day 2)*



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