



Two Tests in Seven Days* (84 results)

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two-tests.pub

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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No fish or minerals beginning Saturday

No menstrual cycle		Legend	No cycle
Halide Kit		Purple = name of test	Toxic & Essential Elements (TEE) Kits
First am urine -> Sample 1	First am urine completes 24 hour collection	Red = Don'ts	First am urine -> Kit 1
Take Iodine with 2 glasses of water	Measure volume, take sample of 24 hour ** Collection -> Sample 2	Orange = kit preparation	Take DMSA with 2 glasses of water
Begin 24 hour collection with 2nd urine and all subsequent for 24 hours	Complete requisition**	Green = urine collection for 6 - 24 hours	Begin 6 hour collection with 2nd urine and all subsequent for 6 hours
	Mail Halide Kit at FedEx (see notes)		

* Important Notes to Review

- TEE also called "Heavy Metals and Elements Test"
- Both tests have two samples: pre- and post-provocation
- Halide test has one kit, TEE test has two kits
- CAN'T mail kits on Sat, Sun or Holidays
- CAN do TEE kit on Thursday, mail on Th or Fri
- Call office or hotline (610-239-9901 option 1) with questions
- More info: www.cohlife.org /halide /heavy-metals /elements

** 24 hour requisition MUST include TOTAL VOLUME of urine

Sample of 6 hour collection -> Kit 2

Complete requisition

Mail TEE Kits at FedEx (see notes)

IMPORTANT NOTICE: This information is for educational purposes only to facilitate quality conversations between patients and their personal physician(s). Several additional considerations are required to safely administer any protocol for an individual. This information is NOT intended to diagnose, treat or encourage self-treatment of any medical condition. Copyright 2007-2021 by Michael Cheikin MD. No reproductions. All rights reserved.