

This information is current as of the date faxed and for the patient specified ONLY. Do not use this information for other patients without contacting the Poison Center at 1-800-222-1222.

Arsenic - Urine Arsenic and Cadmium Samples

HCF Recommendations

1. Urine Arsenic and Cadmium Samples:

- Only a spot single urine sample is recommended for screening.
- The individual should be on a seafood free diet for 3 days before sample collection (No tuna fish or fish sticks).
- The patient should not be being chelated for any reason prior to testing.
- The urine collection should be in a metal free container.
- The lab should be ordered via the primary care provider's office and a health care facility's hospital lab and sent to ARUP Laboratories in Salt Lake City (1-800-522-2787), for a urine arsenic with reflex to fractionated (ARUP test 25000) and a urine cadmium level (ARUP test 25040)
- The lab requires ARUP Trace Element-Free Transport Tubes (ARUP supply #43116). Available online through eSupply using ARUP Connect™ or contact ARUP Client Services at (800) 522-2787.

Information from the Northwest Pediatric Environmental Health Specialty Unit

There are reliable laboratory tests to measure exposure to these contaminants. The tests can help determine whether your patient's exposure is about the same or higher or lower than a reference group in the United States. The tests do not provide information on the likelihood of specific health effects.

There are different types of tests available but the most reliable for determining the exposure is a test of these substances in urine. We do not recommend blood, hair, or any other tests including a "provoked" or post chelator urine test. A health care provider can ensure that the urine is collected in the correct manner and sent to an appropriate laboratory to ensure the results are accurate.

Additional information including results interpretation can be provided by the Oregon Poison Center, at 1-800-222-1222, the NW Pediatric Environmental Health Specialty Unit (1-877-KID-CHEM) AND THE Oregon Health Authority.