

## **Urine Collection Instructions for Great Plains Myco-Tox**

Please follow these directions  
(not what is in the kit or typical directions for saunas)

1. Schedule a 30min infrared sauna session, in the evening if possible. 30min is the minimum time, fine to stay longer in the sauna:  
Suggested locations in Charlottesville for infrared:  
AquaFloat: 434-293-1143  
Lory Bedotto: 434-987-6286
2. Before the sauna: 1-2 hrs before, decrease fluid intake slightly by about 25% of normal intake to help get a more concentrated sample.
3. Do the 30min sauna session.
  - a. During the sauna, drink to thirst but do not over drink.
4. Collect urine sample within about 30min after the sauna.
  - a. Urine sample should be a darker yellow, a light straw color may lead to a rejected sample as it is not concentrated enough.
  - b. If your urine sample is too pale/diluted then discard the sample and collect the next morning's first urine.
5. After the urine sample has been collected,
  - a. In the 1-2 hrs right after the sauna and after urine sample has been collected, drink about 1L of water with electrolytes. *Elete* electrolytes is an example of a good product that can be added to water or get "electrolyte water" at any health food store. Do NOT drink sports drinks or Pedialyte as these are sweetened and have many unhealthy ingredients.
  - b. 2+ hrs following the sauna resume normal water intake, add electrolytes to water.
6. Mail the kit to Great Plains following the directions in the kit.
7. Please allow up to 10-14 days for me to receive and review results. I will contact you for urgent results otherwise results will be reviewed at your next follow-up so make sure you have a follow-up.

Thank you

Melanie Dorion, AGNP