



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

DMPS Mercury Urine Test

INSTRUCTIONS AND INFORMATION

Rational

When patients have chronic mercury poisoning, the mercury leaves the blood stream and gets deposited in tissues such as the brain, kidney and the gut. The blood levels are hence normal.

Therefore in order to obtain a more accurate assessment of body levels of mercury, the patient must take a medicine (DMPS) that draws out and binds the mercury and allows it to be excreted through the urine.

Pre-Test Preparation:

You must avoid all seafood (including shellfish) for 72 hours prior to the test. Pick a day when you can collect urine for 6 hours (probably Saturday or Sunday).

Testing Day

Preferably performed at around 7 or 8 AM

1. Empty bladder by urinating into toilet. Do not collect this specimen. Start the clock time.
2. Immediately take all three DMPS pills. If you are especially sensitive to medications, or can take one pills every half hour to see how you react and stop before completing all three pills if you feel uncomfortable.
3. For the next six hours collect urine in the container provided. Sometimes patients have trouble emptying the bladder on the sixth hour if they have urinated on the fifth hour, because the bladder only as a little urine. Try to hold your urine over the last 2 hours and then empty your bladder entirely at the end of the sixth hour.
4. After collecting the urine for six hours, close container tightly and shake well to mix the urine. Then pour a small amount into the 50 cc container provided.
5. Try to drink a cup of water every hour during the test.



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Expected reactions during testing:

- DMPS is a substance with low systemic and local toxicity. It is generally well tolerated with even long term use.
- Most patients experience an odor of rotten eggs emitting from all body excretions for the time period the drug is in the body (less than 12 hours). This odor usually is sensed only by the patient and not by others. This is due to the sulfur contained in the chemical. Those allergic to “sulfur” drugs are not necessarily allergic to DMPS. However, check with the doctor. If you had life threatening reactions to sulfur containing medications, we should not use this compound.
- Occasionally DMPS may temporarily exacerbate the patient’s original symptoms of heavy metal toxicity such as nausea, headaches and changes in taste.

Others actually feel well after the test because the DMPS has chelated out some of the mercury out of their body.