Preparation for Calcium EDTA Chelation

A recent creatinine level is required to determine your kidney function and to assure that the dose of medication that we give to you is appropriate. We will draw a creatinine level every three months while you are chelating.

At the beginning of every chelation appointment, we will take a urine sample to double-check your kidney function and make certain that it is safe to give you the chelator. If you follow the instructions provided here, your appointment should go smoothly. If you fail to follow the instructions, your appointment may be delayed or cancelled, and you may incur fees for time spent by the IV technician and for materials used to prepare your IV.

Fatigue, brain fog, headache, muscle and joint pain, nausea, abdominal bloating, vomiting, and diarrhea are all potential side effects. These may occur within two to 24 hours after receiving the chelators. These symptoms are minimized by taking the proper steps to prepare.

Normal Bowel Movement Is Critical

Make certain that you are moving your bowels at least once a day. This may seem odd, but your body normally eliminates the bulk of the toxic heavy metals through your liver and bowels. When we administer the chelators your body may transiently kick into a higher gear and try to eliminate more toxic metals through this natural route. If you are constipated (i.e. a bowel movement less often than once a day) the stirred-up toxic metals will be reabsorbed from your intestines and can cause significant, unwanted side effects.

If your bowels are sluggish, start taking a low dose of psyllium fiber like Metamucil® or its equivalent. Psyllium really is best, not only because it binds heavy metals in the gut, but also because it provides nutrients for both the gut and colon.

If taking fiber is new to you, take a small dose the first night before bedtime with a full glass of water, and continue to increase the dosage until your bowels are moving every day. Thirty-six hours before your appointment, the maximum dosage is two per day. A word of caution: if you take too much too quickly, you may experience gas, cramping and/or bloating.

One in five people will get more, not less, constipated on psyllium. If this happens, try taking prune juice with the fiber or switch to a different fiber product. Adding buffered vitamin C (4-12 grams a day in divided doses) and magnesium oxide (400-800 mg a day in divided doses) is great for chronic “rabbit pellet” stools.

Water And Sleep Help To Avoid Side Effects

Please drink plenty of water the day before chelation and get a good night’s sleep.
**24 Hours Before Chelation**

You will need to discontinue taking any multiple vitamins or trace mineral supplements such as zinc, selenium, chromium, iron, molybdenum, manganese, and copper. (These minerals stay in your blood supply for 24 hours or so before they are redistributed inside your cells.) The chelators will bind to these essential minerals as well as the toxic heavy metals. We want to minimize the proportion of essential (healthy) minerals and maximize the proportion of toxic heavy metals that we chelate.

Do not take any Calcium supplements and minimize dairy products for 24 hours before your appointment because you will be receiving a significant dose of Calcium during the chelation process.

Chelation can wash magnesium out of your system, causing muscle cramping, so it’s important to continue any magnesium regimen you may be on.

**The Night Before Your Appointment**

Take two capsules of methionine at bedtime.

**The Day Of Your Appointment**

Drink plenty of water, and avoid caffeinated drinks. Caffeine alters your pH and causes your veins to constrict, making the venipuncture more difficult (and potentially more painful). Please eat breakfast and/or lunch, whichever is appropriate for the appointment time.

Two hours before the appointment, take your customized dosage of glycine. If you forget, take it immediately before the chelation begins.

We suggest that you bring a snack and some water with you. We do have complimentary fruit juice, and we offer several nutritional protein/meal replacement bars which are available for purchase at the office. Sometimes the process of chelation can make your blood sugar drop, and we want to help you avoid this complication.

**Continue High Blood Pressure Medication Except For BETA Blockers**

If you are on high blood pressure medicine, continue it unless you are on a BETA Blocker. If you are on a BETA Blocker, please skip your morning dose. You can take it later in the day after you go through the chelation procedure. BETA Blockers include Inderal® (propranolol hydrochloride), Tenormin® (atenolol), Ziac® (hydrochlorothiazide & bisoprolol), Lopressor® or Toprol-XL® (metoprolol), Pindolol®, and Coreg®, among others.

**After Chelation**

Drink at least 48 ounces of caffeine free fluid over the next six hours. (This works out to eight ounces every hour for six hours.) This will keep you well hydrated and minimize danger to your kidneys as the chelators pull toxic metals through them.

Keep activities light for 24-48 hours after chelation. Don’t over-do it!

**Questions?**

Please contact Treasa Cook, CMA, at 336.808.3627 ext 14 during office hours.