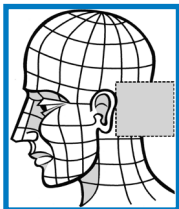


# hair elements specimen collection instructions

## Collect the hair specimen

1. A paper scale is included in this kit to assist you in collecting the proper quantity of hair. Set it up according to the directions printed on the scale.
2. Cut samples of hair from the back of the head (*see illustration*). Using stainless steel scissors, cut hair as close to the scalp as possible. It is best if small amounts of hair are cut from 5 or 6 areas in the back of the head.
3. As each piece of hair is cut from the head, save only 1-inch (2.5 cm) of the hair closest to the scalp (new growth). Cut off and discard the rest. Place the saved hair on the scale.
4. Keep cutting and adding this hair to the scale card until the scale tips. This scale is designed to collect about 0.25 grams of hair.
5. Label the plastic bag with the patient's name, doctor's name, and the date collected.
6. Put the hair into the plastic bag and seal.



## Complete the requisition form and mail

1. ~~Complete the Bill to and Physician Information sections.~~
2. In the *Test(s) Ordered* section check the box for the "Hair Elements" or "Hair Toxic Elements Exposure profile". Please provide any other information requested.
3. Complete the *Patient Information* section.
4. ~~Complete the Payment Method section and, if necessary, provide insurance information.~~
5. Place the hair specimen bag and the completed requisition form into the mailing envelope and mail to Doctor's Data.

## Special notes

1. Hair that has been permed, dyed, bleached, or otherwise chemically treated is vulnerable to elemental contamination. Therefore, it is recommended that treated hair not be used for analysis.
2. If hair is too short to cut, thinning shears may be used to obtain the specimen by placing them next to the scalp.
3. If you are sending the specimen from outside the United States, please make your own shipping arrangements.
4. Do not mix head hair with pubic hair.
5. This test is not covered by Medicare.