



Metals Hair Test Instructions

Before You Begin Collection

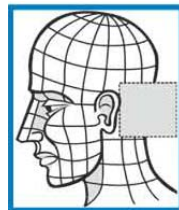
- A paper scale is included in this kit to assist you in collecting the proper quantity of hair.
- Hair that has been dyed, bleached, permed, or otherwise chemically treated is vulnerable to elemental contamination. Therefore, it is recommended that treated hair not be used for analysis.
- Do not mix head hair with pubic hair.

Hair Collection

1. Set up the scale as diagrammed. Bend the black tabs down to form a fulcrum and place on a level surface.



2. Cut samples of hair from back of 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 hair closest to the scalp. Cut off and discard the rest. Place the saved hair on the scale.
4. Keep cutting and adding hair to the scale until it tips. Fill the scale (which is designed to collect about 0.25 grams of hair) twice. We prefer that you collect at least 0.5 - 1 gram of hair (approximately 1 tablespoon).
5. Label the plastic bag with the patient's name, the physician's name, and the date collected.
6. Put the hair into the plastic bag, seal, and send to The Great Plains Laboratory, Inc.

Preparing and Shipping the Specimen

Fill out the Test Requisition Form – Please PRINT clearly. Place the hair specimen bag and the completed requisition form in the mailing envelope and mail.

For International Shipping:

Hair samples can be shipped through regular mail or via FedEx.