

## HAIR MINERAL ANALYSIS COLLECTION & SHIPPING INSTRUCTIONS

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**CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING**

#### **PLEASE BE ADVISED:**

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  
***PUBIC HAIR MAYBE USED AS AN ALTERNATIVE TO HEAD HAIR.***

### COLLECTION INSTRUCTIONS

1. Cut samples of hair from the back of the head using stainless steel scissors. *We recommend having a hair stylist or barber use thinning shears to cut hair.* Cut hair as close to the scalp as possible from 5 or 6 areas in the back of the head. **Do NOT SHAVE THE HAIR – IT MUST BE CUT.**
2. As each section of hair is cut from the head, save only 1-inch (2.5 cm) of the hair closest to the scalp and discard the rest.
3. Place the saved hair in the plastic bag provided.
4. Pubic hair may be substituted for head hair. **DO NOT SHAVE HAIR, CUT WITH STAINLESS STEEL SCISSORS.**
5. **DO NOT MIX the head and the pubic hair together.**
6. Do not use any other source of hair *i.e.*, leg, chest, nose, ear, mustache, etc., as there are no reference ranges for sources other than head or pubic hair.
7. Approximately **TWO TABLESPOONS** of hair needs to be collected in order to complete the test.
8. Complete label the plastic bag with patient's name, type of hair (head *or* pubic), the name of the ordering practitioner, and the date of the collection.

### SHIPPING INSTRUCTIONS

1. Seal the plastic bag and place the bag in the pre-addressed envelope provided.
2. Affix postage and mail to Meridian Valley Laboratory

