

HAIR SAMPLE INSTRUCTIONS

- Hair can come from any part of the body
- Long hair can be cut from the end
- Coloured hair is ok
- No need to wash hair first
- Cut about ½ a teaspoon of hair
(not from a hair brush or hairdresser)
- Place in a SMALL zip top bag
(no bits sticking out)
- **approx. 100mm x 50mm (4x2 inches)**
- **Write your name and Practitioner's name on the bag or include a note otherwise sample cannot be used**
- **Express post to your practitioner**

IF YOU CAN NOT COLLECT A HAIR SAMPLE (BABY, ALOPECIA ETC.)

- Take a saliva swab with a cotton bud
- Cut the dry end off and seal in a zip top bag
- **Write your name and Practitioner's name on the bag or include a note otherwise the sample cannot be used**
- **Express post to your practitioner**