

FAQ'S

1. **DO I HAVE TO WASH MY HAIR BEFORE I CUT/ SEND IT OFF?**

No, the lab does this.

2. **HOW LONG DO I HAVE TO WAIT TO DO THE TEST IF I HAVE COLOURED/ BLEACHED MY HAIR?**

60 days.

3. **HOW MUCH HAIR IS NEEDED?**

A filled tablespoon.

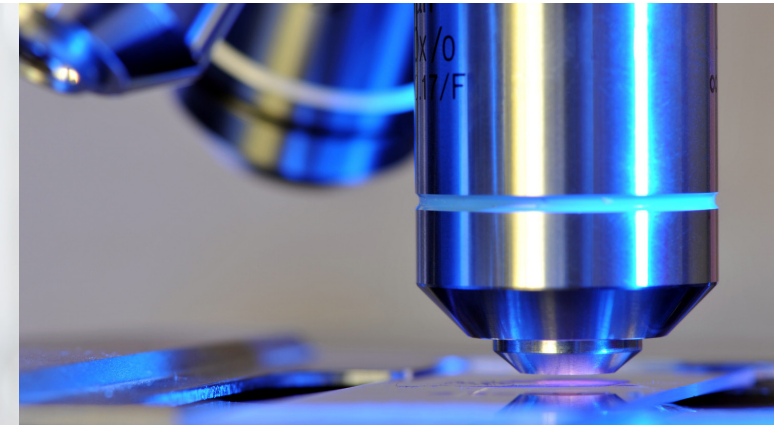
4. **CAN I MIX HAIR?**

No, hair can only be **head** or **pubic** hair. **Do not mix.** No other hair accepted.

Instructional videos and FAQs on the collection process can be found at

RNLabs.com.au

(Click on Patient Resources)



CONTACT US

Elemental Hair Analysis

FOR POSTAGE & COLLECTION



1800 110 158



18/93 Rivergate Place,
Murarrie QLD 4172



Support@RNLabs.com.au

Contents

- 1x Hair Scale With Collection Instructions
- 1x Zip Lock Specimen Bag
- 1x Return Mailing Envelope
- 1x Requisition Form

RN LABS CAN NOT, UNDER ANY CIRCUMSTANCES, OFFER HEALTH ADVICE TO PATIENTS.
SHOULD YOU REQUIRE FURTHER SUPPORT, PLEASE CONTACT YOUR HEALTHCARE PRACTITIONER.

PREPARATION

PLEASE READ ALL INSTRUCTIONS IN FULL BEFORE BEGINNING TEST

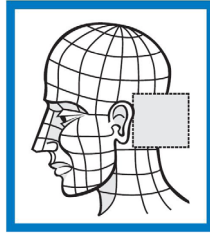
- ✓ This test requires no special diet.
- ✓ DO NOT discontinue taking medications or supplements unless instructed by prescribing practitioner.
- ✓ Hair that has been permed, dyed, bleached or otherwise chemically treated can result in sample contamination and is not recommended for analysis.
- ✓ DO NOT mix head hair with pubic hair.
- ✓ Verify you have all the kit contents.
- ✓ Call RN Labs on 1800 110 158 immediately if you are missing any kit contents.
- ✓ Ensure to mark whether you have collected **head hair** or **pubic hair** on the Requisition Form

1 SET UP SCALE

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



COLLECTION

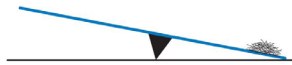


2 CUT HAIR

Cut samples of hair from **back of head**. 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 PLACE HAIR ON SCALE

As each piece of hair is cut from the head, save only **2.5cm** (1 inch) of the hair **closest to the scalp**. Cut off and discard the rest. Place the saved hair on the scale.



4 ADD HAIR UNTIL SCALE TIPS

Keep cutting and adding hair to the scale until it tips. The scale is designed to collect about 0.25 grams of hair.

READY FOR MAILING



5 LABEL MATERIALS

Label the plastic bag with the **patient's name**, the **practitioners name** and the **date collected**.



6 PACK MATERIALS

Place hair into the plastic bag and seal. **Post to RN LABS.**