

## Sending Your Sample

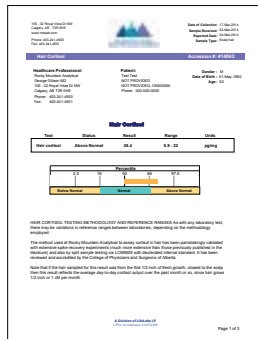


Place the sealed, labelled anti-static resealable plastic bag containing your hair sample and the completed requisition into the prepaid return mailer.



Seal the return mailer and drop into any Canadian mailbox.

## Getting Results - Sample report as shown



Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

**Note:** Rocky Mountain Analytical staff do not discuss test results with patients.

## Patient Privacy

**Privacy Statement:** Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your hair sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmlab.com | P: 403-241-4500 | F: 403-241-4501



## Hair Collection Instructions

**Important:** Read all instructions prior to collecting hair

### Before You Begin

- Only collect scalp hair
- Check contents of the kit. If anything is missing, please contact your healthcare professional.



### Kit Contents

- Requisition form
- Collection instructions
- Collection card
- Resealable anti-static plastic bag
- Prepaid return mailer

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[www.rmlab.com](http://www.rmlab.com)  
A division of LifeLabs LP

## How to Prepare



Begin with clean hair. Use baby shampoo or natural shampoo if possible.

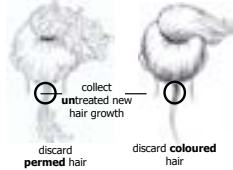


**Note:** Do not use hair products on the day you collect your hair sample (e.g. conditioner, gel, oil or other style enhancers).

Clean scissors prior to collection (with alcohol swab or very hot water). Make sure scissors are sharp enough to cut hair.



Have a friend, family member or your healthcare professional assist you with the hair collection.



Hair must be untreated (no colouring, bleach, permanents or chemical straighteners). Hair grows approximately one (1) cm (0.5 inch) per month. As soon as there is four (4) cm (1.5 inches) of new growth, a sample of the untreated hair closest to the scalp can be collected and sent for testing.

Discontinue use of topical corticosteroid containing scalp lotions (e.g. hydrocortisone, betamethasone) for one (1) month prior to collection

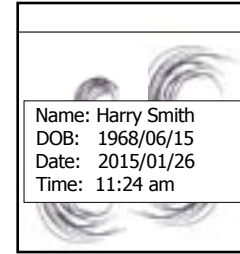
## Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Gender
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results

## Sample Labeling



Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

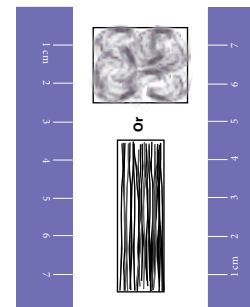
## Sample Collection



1. Cut hair as close to the scalp as possible. Hair samples should be a minimum length of one (1) cm (0.5 inch). Discard hair that has been treated (coloured, bleached, permed, chemically straightened) or that is greater than four (4) cm (1.5 inches) from the scalp surface.



2. Collect the samples from the nape of the neck (bottom of hair line on back of head). This is the least noticeable place for regrowth to occur.



3. Place the collected hair onto the collection card to verify that there is enough sample to test. It is important to keep adding hair until the space outlined is fully covered (see below). Insufficient quantity of hair, dyed or bleached samples, chemically permed or straightened hair, or non-scalp sample will be rejected for testing.

Cover one space or the other with hair, NOT both. **Do not tape** hair to collection card.

4. Place the sample in the labelled anti-static resealable plastic bag (See Sample Labeling).