

INSTRUCTIONS FOR HAIR ANALYSIS

1. Use pubic hair only in spite of what the lab form says, unless a child or doctor has asked you to use head hair. If you use head hair, follow instruction sheet in lab envelop.
2. Use stainless steel scissors to cut hair.
3. Cut hair as close to skin as possible.
4. Length of hair should not exceed 1 ½ inches. It may be necessary to trim back hair length first.
5. Place all hair cutting s over a clean piece of paper. You will need 2 packed teaspoons (this is typically all your pubic hair).
6. Place cuttings into small plastic bag. Make sure all blanks are filled in on bag.
7. Place this bag into envelope addressed to lab, fill in their form and mail. Do not send them money, we will bill you for \$70.00 directly.