



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Heavy Metals testing in Hair
with Metals & Traces®

 eshop.athenslab.gr

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Sampling Instructions for Heavy Metals testing in Hair with Metals & Traces®

Before you begin

- Carefully check the contents of the kit. If any of the contents is missing, please contact us.
- With this collection kit you can collect a urine sample for various Diagnostic and Molecular Tests as well as tests belonging to the DetoxScan®, NutriScan®, HormoneScan® groups and others.



Important Note: Read all instructions before starting

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Each Collection Kit contains

Sampling instructions

Requisition form

Collection tube for hair

Plastic bag marked "Biohazard"

Sticker label

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Important information before you begin your collection

The hair to be collected must not have undergone treatments such as dyeing or bleaching. If the hair has been dyed or bleached, you should wait until it has grown long enough to collect unprocessed hair. Hair should also be free of gels, oils and creams before sampling.

The day before the collection, wash your hair as usual and rinse it with plenty of water.

For those exposed to environmental and occupational pollutants (machinery, industry, mining, etc.), special care should be taken to limit exposure between hair washing and sample collection.

Do not use hair from other parts of the body and do not mix hair from different parts of the body.

This test does not require a special diet or discontinuation of supplements and medications taken.

Do not stop your scheduled medication unless there is a specific medical prescription.

Collection tips

- Place the contents of the collection kit on a clean surface.

How to fill the test Requisition form

Fill in the requisition form provided in the kit with all the required information.

Do not forget to write down the required tests and sign it.

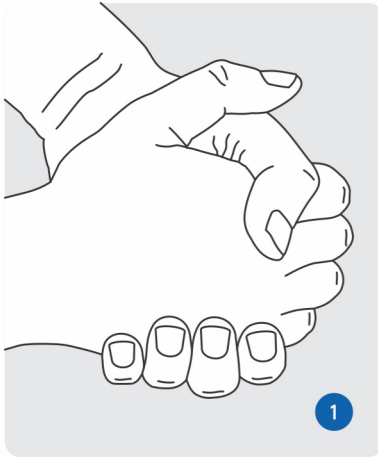
Please provide us the name, the phone number, and the e-mail of your doctor, therefore we can inform him / her about your results.

Marking the sample

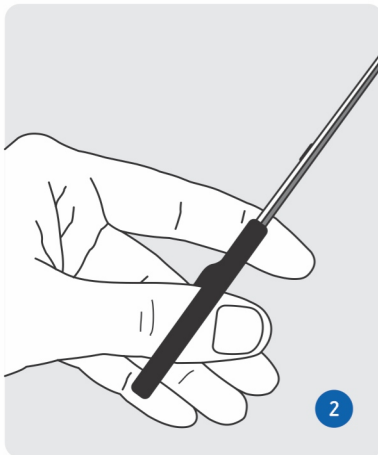
Using a blue or black pen, record your **Name** and **Surname** as well as the **Date of collection** on the label provided with the kit. Do not use a pencil or simple marker as they may fade.

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Sampling Instructions

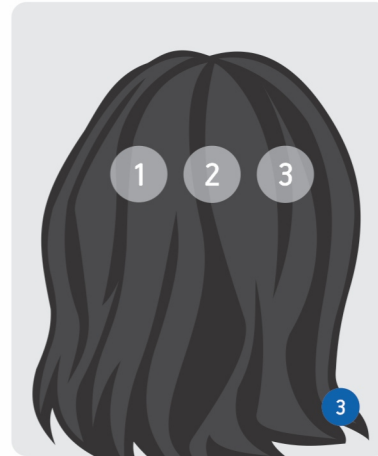


Wash your hands thoroughly with soap and water before starting the collection.

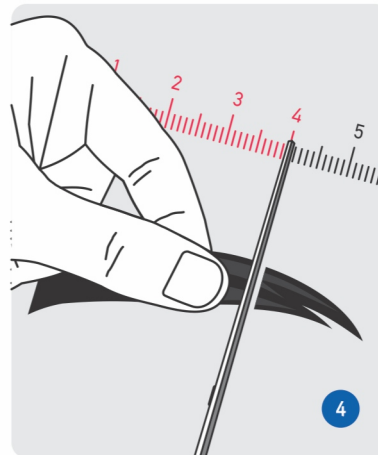


Use a clean stainless steel scissors. If the hair is short, ask someone for help.

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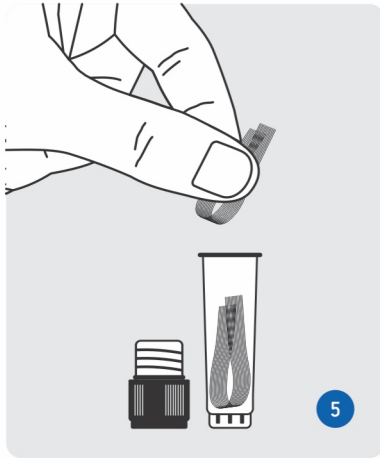


Cut the hair from 2 - 3 different points on the back of the head.

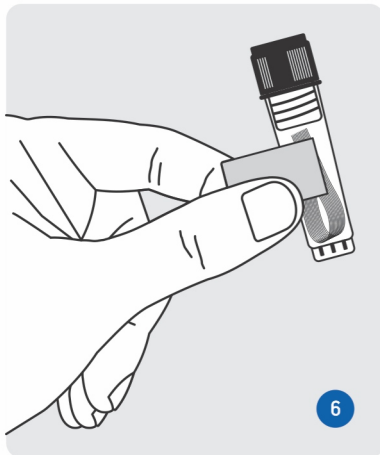


Cut the hair as close to the skin as possible. If the length of the hair is longer than 4 cm, cut and remove the part of the hair that exceeds 4 cm.

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Place all trimmed hair in the tube and close it. The total amount of hair should fill a teaspoon (about 1 gr).



Write the name and date on the label and stick it on the tube.

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Ship the sample to the lab

The samples must arrive at Diagnostiki Athinon on working days.

Send the sample immediately after collection.

Do not send the samples on Fridays or the day before public holidays.

Schedule the sample collection Monday through Thursday and ship it to the lab on the same day.

Put the tube into plastic bag marked "Biohazard" and close it tightly, removing the protective cover of the adhesive tape.

Place the bag in the carton box and close it.

Insert the cardboard packaging box into the return envelope.

Call the local **ACS Courier** representative and send the sample to Diagnostiki Athinon, at the **recipient's expense**.

If you are **outside Greece**, call your local **DHL** representative and use the **DHL return form**.


Receiving the results

The results will be sent to you the way you chose, approximately in 2 - 10 days after receiving the sample and depending on the type of tests required.



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

 6 Mesogeion Avenue, Ampelokipoi 115 27, Athens

 +30 210 7777654 / +30 210 7774569

 info@athenslab.gr

 eshop.athenslab.gr

 athenslab.gr