

Hair Tests: Heavy Metals Profile - Metals & Traces®

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- Hair collection tube
- Plastic bag labeled "Biohazard"
- Return envelope

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Please pay attention to the following instructions. Deviations from these instructions may result in improper evaluation of the test results.

If unsure, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday, 8 a.m. to 7 p.m.

Hair strands to be collected **must not** have undergone any treatments such as **dyeing or bleaching**. If the hair has been dyed or bleached, you should wait until it grows out enough to allow for the collection of untreated hair. The hair should also be free of styling products such as gel, oils, and hair creams before the sample is collected. For individuals who are environmentally or professionally exposed to external pollutants (e.g., mechanical workshops, industrial environments, mines, etc.), special care must be taken to minimize exposure between the time of hair washing and the collection of the sample.

Wash your hair as usual the day before sample collection and rinse thoroughly with plenty of water.

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

This test does not require a special diet or discontinuation of any supplements or medications you may be taking.

Do not discontinue your prescribed medication without consulting your doctor!

Lay out all materials of the hair collection kit on a clean surface before starting the sampling process.

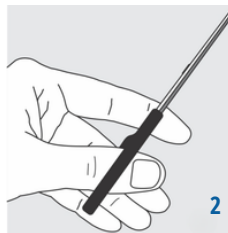


3. Collection Instructions

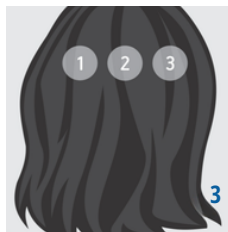
Before starting the collection, wash your hands thoroughly with water and soap.



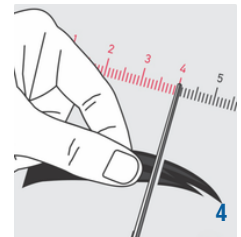
Use clean stainless steel scissors. If the hair is short, ask someone for assistance.



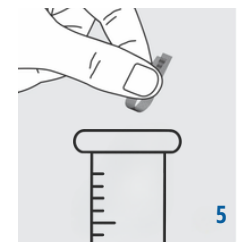
Cut hair from 2–3 spots at the back of the head.



Cut as close to the scalp as possible. If the hair length is longer than 4 cm, use only the portion closest to the scalp.



Place the hair strands into the collection tube until it is enough to fill approximately one teaspoon (~1g).



4. Sending the samples

Place the collection tube into the plastic bag labeled "Biohazard". Seal the bag tightly.

Place the sealed bag, along with the [completed forms](#) (medical history form and requisition form), into the cardboard packaging box and close it securely.

Place the cardboard packaging box into the return envelope.

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

If you are **outside Greece**, please **phone or email Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with the **local DHL / FedEx representative**.

>> **Send the samples immediately after collection**

>> **Do not send the samples on Fridays or the eve of holidays**