

Nail 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
- Nail collection envelope
- 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.

Nails to be collected must not have undergone any **chemical or cosmetic treatments**, such as nail polish, semi-permanent polish, gel, acrylic, or artificial nail applications. If the nails have recently been painted or modified, wait until they grow out sufficiently to cut natural, untreated clippings. Nails must also be clean and free from creams, oils, or other cosmetic products before sample collection. For individuals who are environmentally or occupationally exposed to pollutants or heavy metals (e.g., in industrial facilities, workshops, mines, etc.), special care should be taken to avoid contamination of the nails during sample collection.

Before cutting, wash hands or feet thoroughly and dry them with a clean towel.

Use a clean nail clipper or small scissors (preferably sterilized).

Nail clippings can be collected from both fingernails and toenails.

Do not discontinue your prescribed medication without consulting your doctor!

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



3. Collection Instructions

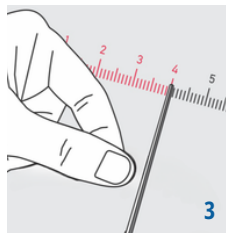
Before starting the collection, wash your hands/feet thoroughly with water and soap.



Use clean stainless steel scissors or a nail clipper, preferably sterilized.



Cut the nails as close to the nail bed as possible.



Collect nail clippings from at least 5-10 fingers or toes.



Place the nail clippings into the envelope. A total of 100 mg of nail material is required (approximately 1/2 teaspoon).



4. Sending the samples

Place the collection envelope containing the cuttings 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