



# Healthscope

## FUNCTIONAL PATHOLOGY

formerly  **Functional Pathology**

### **HAIR MINERAL ANALYSIS Test Kit Instructions**

You are about to do a Healthscope Functional Pathology Hair Mineral Analysis test, designed so that you can collect the specimens in the privacy of your own home. This test requires 1x hair specimen. Please follow the steps below in sequence and tick the checklist when you have completed the test.

#### **Test Kit Contents**

- 1x Hair scale
- 1x Plastic hair collection bag
- 1x Prepaid envelope

If you do not understand the instructions or have a question regarding the contents of your test kit, please call Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm (EST).

#### **Preparation for the Test**

When collecting your specimen the hair should be clean and dry, without styling products, and have new growth. This test should not be performed on hair that has been permed, dyed or bleached in the past two months.

#### **Step 1 – Hair Collection**

- Bend the tabs down on the hair scale. Place the card tab side down on a flat surface creating a scale
- Pin up hair at the back of the scalp. Using stainless steel scissors, cut hair samples very close to the scalp. Trim the sample so that it includes only 2-3 centimetres of the newest hair growth (closest to the scalp). Discard remaining hair
- Collect samples of hair from approximately 7 places from the nape of the neck until the scales tip. There should be approximately 1x heaped tablespoon of hair
- Put the hair into the clear plastic collection bag, seal it and write your name, age, sex and the date of collection on the front

#### **Step 2 – Returning Specimens to Healthscope Functional Pathology**

- Put the sealed plastic collection bag and the **practitioner request form** in the reply paid envelope. Seal the envelope and post immediately. Note: a postage stamp is not required if posted within Australia

### **Step 3 – Payment**

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order.

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose credit card details from Visa or MasterCard on the Practitioner Request Form
- Enclose your payment and the practitioner request form in the prepaid envelope

### **Checklist**

**Tick each of the following to ensure you have completed this test correctly.**

- Collect hair specimen as instructed
- Write your name, date of birth and date of collection on the plastic hair collection bag
- Ensure your details are on the practitioner request form
- Place the practitioner request form and the sealed plastic hair collection bag in the reply paid envelope and post immediately

**Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.**

### **Frequently Asked Questions (FAQs)**

- **What if I have recently coloured my hair?** You will need to allow at least 2 months for your hair to grow and then use the hair from the root only
- **Can I use hair from my arms, legs or pubic areas?** No, the reference ranges are based on the growth of head hair and not any other body hair
- **What if my hair is too short?** Try using thinning shears close to the scalp to collect enough hair
- **If I use leave in hair products e.g. treatments will they affect the test?** Yes. Your hair needs to be clean and without added product to obtain an accurate result