

Instructions for sampling and packing of hair specimen

Samples should be taken from the back of the head. For analyses, a strand of hair as thick as a pencil is required. The hairs should be cut close to the skin, and the remaining hair length should be documented.



For segmental analysis, it is necessary to take a fixed hair sample. For that purpose, the hair strand can be separated before cutting, e.g. by using a tape and string, respectively.

It is also possible to fix the hairs by wrapping in aluminium foil immediately after collection (with regard to the next paragraph).

To prevent external contamination after collection, the hair specimen has to be enveloped in aluminium foil.

Labelling of hair is recommended (tips, cut edge, respectively).



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Hair samples have to be stored and shipped under dry conditions at room temperature. If required, samples can be sealed and coded utilizing doping control kits intended for urine samples.

Please, enclose the completed order form to the hair sample.