

### Hair sample collection instructions and FAQ's

#### Contents:-

- 1 x Hair sample collection instructions
- 1 x Hair specimen collection foil and envelope inside re-sealable clear plastic pouch
- 1 x alcohol wipe
- 1 x Customer information form
- 1 x pre-paid/addressed envelope

#### Additional items needed but not included in this pack:-

- 1 x pair of scissors
- 1 x hair clip
- 1 x ball-point pen

#### Before you begin:-

This hair test will detect the most common street drugs used in the UK. The drugs detected by this hair test include all the following:-

Metamphetamines and Ecstasy  
Cocaine  
Phencyclidine  
Opiates (Codeine, Morphine and Heroin)  
Marijuana

You must make sure you collect enough hair. To give an indication the amount of hair collected should be about the diameter of a pencil or drinking straw. The hair should come from the head but if the head is shaved or extremely short then body hair (e.g. under-arm, pubic or chest) can be used but you must NEVER mix body and head hair. This is because body hair, including facial hair, grows at different rates than head hair.

#### Step 1—cutting the hair.

The first thing you need to do is clean the blades of the scissors with the alcohol wipe provided to ensure no contaminants are present. Next, remove the silver Hair Specimen Transport foil from the plastic bag and lay on a flat surface with the writing side facing away from you.

Then, select a long thin strip of hair (equivalent to the diameter of a drinking straw). You can use a hair clip to hold back some overlying hair to ensure the specimen taken doesn't show up as an obvious patch.

You MUST cut the hair as close as possible to the scalp as this area will reveal the most recent drug use. Hair grows at the rate of 1.3cms per month (1/2 inch) so to check for drugs over the last 90

days a length of 4cms (1 and a half inches) is needed. If the hair is very short or extremely thin then collect from several sites so that about double the amount of hair than normal is collected. Please note that if the hair is very short then the report can only cover a shorter time scale (1 month = 1.3cms approximately).



#### Step 2—Preparing the sample.

A. Place the ROOT ends of the HAIR sample at the edge of the Collection Foil where it is marked

ROOT END

B. Making sure the hair is as straight as possible crimp the tab ends over the root ends of the sample as shown below in FIG.1



FIG.1

C. Fold the collection foil in half in the manner shown in FIG.2.



FIG.2

D. Fold again so the hair is held tightly by the collection foil.



FIG.3

E. On the outside of the sample envelope will be a sticker that will have a bar-code and printed in red will be the option to tick a box telling us whether the sample is head or body hair. Please ensure that you tick one and only one of the 2 boxes. Now place the sample into the envelope and put this in the plastic pouch and re-seal the pouch. You will also notice that the information on the envelope will be identical to the one shown below. If it is not the same please get in touch with us. You should keep these instructions in a safe place as the code below is unique to you and will be used to identify the person purchasing this test.

#### Step 3—Giving us your details and mailing the sample.

I. You should now complete the left hand side of the Customer Information Form providing all the items requested and then signing and dating the form at the bottom to confirm you have understood all the Terms and Conditions.

II. When you have completed the form make sure you keep a record of the password you have used. We have left a space by the code above for you to enter your chosen password should you wish to do so.

III. When you have completed the Customer Information Form, fold it and put the completed form and the sealed plastic bag containing the hair sample into the provided postage paid envelope, seal the envelope and mail the sample back to us. For all customers outside the UK please ensure you put the correct postage to get the sample back to us as soon as possible.

#### **Step 4—Receiving your results.**

Once your sample has been received by us it will be logged and shipped along with several other tests once/twice a week by courier to a special laboratory in the USA. As a result we should have your results back in 7 working days from receipt of your sample so to allow for postal delays please wait until at least 10 working days have passed from posting back your sample before contacting us if you have not received your results.

#### **Frequently Asked Questions (FAQ's)**

##### **What is Hair Drug Testing?**

Since hair growth is fed by the bloodstream, the ingestion of drugs of abuse is revealed by analyzing a small sample of hair. The testing method used measures the drug molecules embedded inside the hairshaft, eliminating external contamination as a source of a positive test result. Hair testing results cannot be significantly altered with shampoos or other external chemicals.

##### **Does hair colour affect results?**

Hair colour is determined by the amount of melanin in the hair. It has been shown experimentally, through actual hair samples, as well as determined in court that hair colour has NO basis in fact.

##### **How fast does head hair grow?**

Studies indicate that head hair grows on the average approximately 1.3 cm (or 1/2 inch) per month. This growth rate varies slightly (estimated at  $\pm .3$  cm per month), consequently there is some ( $\pm 1$  week) time variation possible.

##### **How soon after use can a drug be detected in hair?**

It takes approximately 4-5 days from the time of drug use for the affected hair to grow above the scalp. Body hair growth rates are generally slower and cannot be utilized to determine a timeframe of drug use. If usage of drugs in a shorter time frame is required then a urine and/or saliva drug test should be used. Full details are on our web-site

##### **What is the shortest time period that can be evaluated?**

The minimum time period is approximately two weeks (1/4 inch). Body hair can be used if head hair is too short for a test. If body hair is used the timeframe represented by the test is approximately one year, due to the different growth pattern in hair below the neck.

##### **Can tests be run on people with little or no hair?**

Hair can be collected from several head locations and combined to obtain the required amount of hair. In addition, body hair may be used as a substitute to head hair. In the rare case where no hair is collectable, a urine and/or oral drug test can be used. Full details are on our web-site.

##### **Does body hair give the same type of results as head hair?**

Yes, body hair can be used though body hair growth patterns are different than head hair. Most body hair is replaced within approximately one year. This means a test done with body hair will be reported as drug usage during approximately a one year timeframe.

##### **Can hair collected from a brush be used?**

Yes, but the test will be reported as having an "anonymous" donor. It is impossible to attribute the sample to any specific person or persons and we cannot determine the timeframe of the test. The test will only report that the sample submitted had the reported drug metabolite components.

##### **Can hair be affected by cross-reacting substances such as over-the-counter medications?**

Enzyme-immunoassay antibodies (EIA), similar to those used to test urine, are used for the initial screening test for drugs of abuse in hair; therefore the potential for substances such as over-the-counter medications to cause a false positive screening result does exist. To eliminate the possibility of reporting a false-positive due to cross-reactivity, the laboratory confirms all positive results by GC/MS for methamphetamine, opiates, PCP, cocaine and marijuana specifically thereby minimising the cross reactivity problem.

##### **.How effective is Hair Testing in detecting drug users?**

In side-by-side comparison studies with urinalysis, hair drug testing has uncovered significantly more drug use. In two independent studies hair drug testing uncovered 4 to 8 times as many drug users as urinalysis. The main reason for this is that many drugs of abuse such as cocaine are quickly metabolised and expelled by the body and detection times can be very short—2-3 days only. It is well known that many drug users will, for example, use cocaine on a Friday night knowing they will probably be undetectable for cocaine use by the Monday morning.

##### **What should I do if I get a positive result?**

If you are a professional user then you will have taken the required steps as part of your professional standards to ensure the employee or person being tested fully understands the consequences of a positive drugs test. We would always suggest you discuss the

findings with the person being tested to determine the next steps.

##### **But I am a worried parent so what should I do then?**

Drugs are everywhere around us and most parents worry about their child becoming involved with drugs. Parents often feel they don't know enough about drugs to help prevent their child from coming to harm and what to do if they are taking drugs. If this applies to you then we would suggest you start here on our web-site

[www.homehealth-uk.com/medical/drugscreeningmain.htm](http://www.homehealth-uk.com/medical/drugscreeningmain.htm)

##### **What type of information is on your web-site?**

If you start at the web-site address given above from there you can access hundreds of pages of information giving full details of all the main drugs and many others from Anabolic Steroids to Volatile Substances and many more in between. As an example on the first page is a video showing the effects that Cannabis can have on a person.

There are also links to connected problems with other health issues including HIV, Hepatitis and STD's. We also have a complete guide on our web-site called

“The Detox Handbook”

This covers all you need to know about what to do before, during and after a Detox programme.

##### **What if I need professional help locally?**

The UK Government have an excellent web-site that is confidential and can provide all the guidance and help you may need.

[www.talktofrank.com](http://www.talktofrank.com)

Or free phone 0800 77 66 00

##### **What if I have still have any questions?**

Please contact us by email on:-

[orders@homehealth-uk.com](mailto:orders@homehealth-uk.com)

We normally respond within 24 hours but if your question is urgent you can ring us on 01923-711511.

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