

YOUR HAIR COLLECTION GUIDE

Use this print-out as a helpful guide to determine if you have collected enough hair for the lab to test. Print guide at 100% scale for best reference.

Note: please collect head or body hair, do not mix.

HEAD HAIR COLLECTION

**90-120
Hair
Strands**



width of a pencil

1.5" inches

90-120 hair strands required, which is about the width of a pencil or a straw. Recommended hair length for testing is 1.5" inches. Cut as close to the scalp as possible.

OR

BODY HAIR COLLECTION

**Double
the
Amount**



size of a cotton ball

If there isn't enough hair on the donor's head, body hair can be used as an alternative. This may be collected from the arm, underarm, chest, and pubic area. When using body hair, submit double the amount.