

## Instructions for hair sampling

### Preparation



#### Required materials:

- ✓ Aluminium foil
- ✓ Scissor
- ✓ Paper clip
- ✓ Hairgrip
- ✓ Comb
- ✓ Packthread loop (see instructions)

### Step 1



- Divide the hair at the back of the head using the hairgrip
- Separate **2-3 hair strands** (**overall diameter similar to half a pencil**) approx. 2 cm below the cranial bone and comb the strands

### Step 2



- Thread the combed strands **through the loop** and **tighten** the loop

### Step 3



- Cut the hair **as close as possible to the scalp**

### Step 4



- Put the strands into **aluminium foil**
- Mark the scalp-near end of the strands with a permanent marker on the aluminium foil

### Step 5



- Fold the aluminium foil
- If the sample is longer than the aluminium foil, hair strands can be cut from the distal end

### Step 6



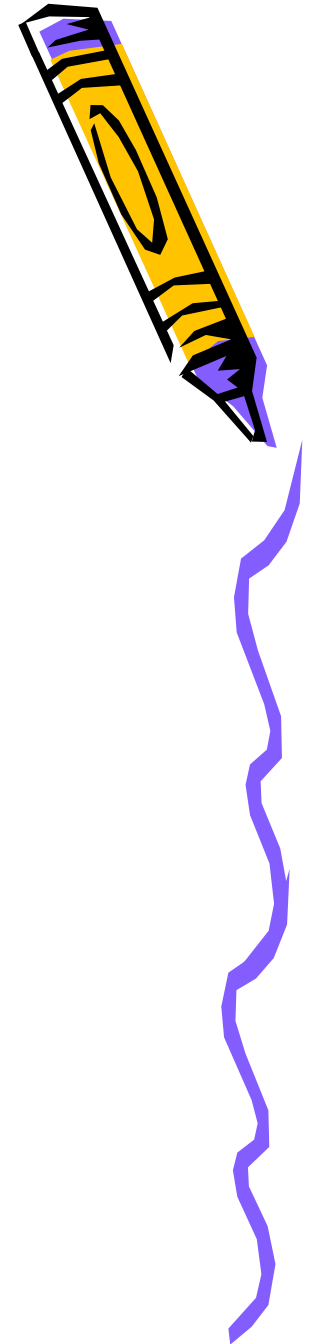
- Fix the folded aluminium foil at the scalp-near end with a paper clip
- **Do not fold** the sample
- Put the aluminium foil with the hair protocol (including participant ID) in a transparent folder
- Store the sample at a dry and dark place

Examples of *perfect* hair samples (with lots of material to work with...)



This little we really need for a single analysis (5 - 7.5 mg); it is sufficient for either method, immunoassay or LCMS/MS

# What is the Shipping Address???



It is:

Prof. Dr. C. Kirschbaum  
Biopsychology - TU Dresden  
Zellescher Weg 19, Raum 212  
D-01062 Dresden, Germany

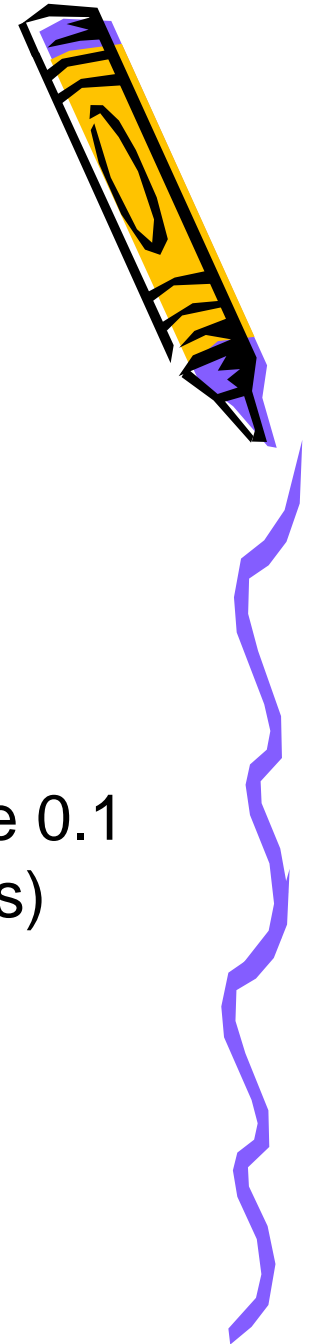
If you need to provide a contact phone  
number, use: +49-1522-724-735  
or: +49-178-131-6822



# How do I ship my samples to you??

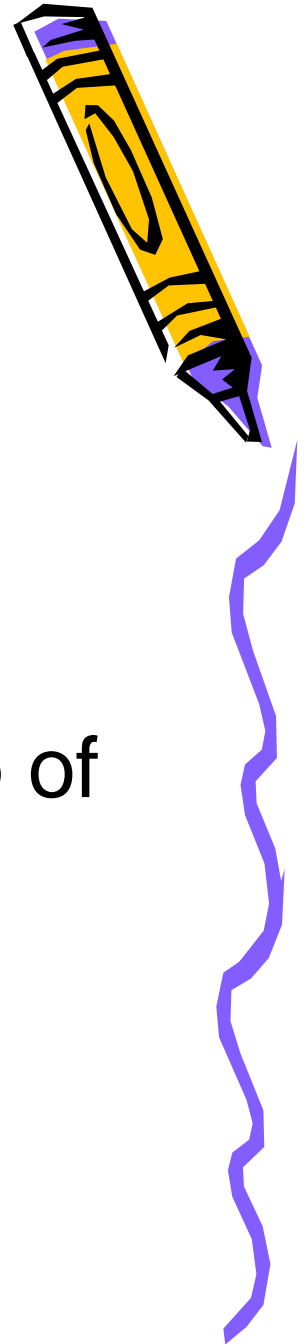
- Use a courier service that will deliver the samples within 3-4 working days (TNT, FedEx, UPS etc.)
- When doing the paperworks, **DO NOT STATE ANY COMMERCIAL VALUE** (write 0.1 \$ in the form; otherwise we will have to pay taxes)
- Name the following **customs tarif number:**

3001 2010



# Avoiding Delays at Customs

- Print out the next page and put the label on top of your shipping box so that the customs people can easily detect it. This usually avoids hold-up of your shipment at customs.



# Zollerklärung

Diese Sendung enthält menschliche Haarproben. Die Proben stammen aus einer staatlich unterstützten wissenschaftlichen Studie und sollen von dem Empfänger auf Hormone untersucht werden. Sie sind nicht infektiös und dienen ausschließlich wissenschaftlichen Zwecken.

Kein kommerzieller Wert.

Wert nur für Zollzwecke: 0,1 Euro.

**Warentarif-Nummer: 3001 2010**

Bitte kontaktieren Sie bei Fragen

Professor Kirschbaum unter +49-15253-724735