



Please complete this form and send in with your hair sample and the completed questionnaire. If your partner has a different surname to you please give both surnames and remind us each time you write or ring for information. If you are already pregnant please let us know this and give the expected due date.

Hair is delivered to the laboratory each Friday. You should have your hair results and individual programme within 14-21 days. There may be occasional delays due to holidays, conferences etc. We will keep the disruption to a minimum and we appreciate your patience during these times. Please make a note of when the follow-up test is due. This will enable us to assess the progress you are making.

The charges (inc VAT) for analysis results and programme are:

Non Members: £85 per couple or £50 single sample

Members: £72 per couple or £45 single sample

Our annual membership fee per couple/ family is £39

Overseas including Eire: Please send Sterling Draft and extra postage up to 250gms

Surname: Ref. No:

First Name: Female Male:

Address:

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Tel. Day Tel. Eve

Foresight Clinician/ Nutritionist (if applicable)

Preconceptual Care analysis? Health?

Age: Female Male

Number of previous tests: Pregnant? Due

Instructions - please read thoroughly

Cut hair from back or nape of the neck. The sample must be cut as close to the scalp as possible ie the most recent growth. The hair must be at least 1/2 inch in length (small samples of very short or fine hair tend to float away in the washing process). It does not need to exceed 1 inch please cut off and discard any excess. **At least 1 tablespoon is required.**

To ensure that you gain the maximum benefit from your hair analysis, samples should be as clean and natural as possible, as our analytical instrument can detect minute quantities of everything. Permanent hair dyeing alters the structure of the hair, producing results which are not as accurate as they could be. Semi-permanent dyes and highlights can be dealt with at the laboratory during the washing process.

Your checklist - have you enclosed:

- a Samples in ordinary paper envelopes clearly marked with your name
- b An A5 stamped addressed envelope for results 76p 2nd / 90p 1st
- c This form - fully completed
- d A cheque made payable to Foresight
- e Fully completed questionnaire

All couples receive genuine advice. NO prospective parents coming to Foresight for advice will be used in controls. All information is treated as confidential.

We look forward to being in touch soon.

Foresight
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www.foresight-preconception.org.uk