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## The Modified Wash Test for Hair Loss in Women
## (also called the 5 day hair collection)

**Introduction**

You have been asked to do the "wash test." The "wash test" was introduced to quantify the amount of hair lost under standardized washing conditions. It is a non-invasive method to measure hair loss by counting and identifying rinsed out (shampooed) hairs.

**Why have I been asked to do this test?**

There are two important diagnoses that Dr. Donovan is trying to differentiate – one is genetic hair loss and the other is telogen effluvium (TE). The wash test can help Dr. Donovan determine just 'how much' of each you have and plan the most appropriate treatment.

**How do I perform the wash test?**

1. DO NOT WASH YOUT HAIR FOR FIVE DAYS BEFORE THE "WASH TEST"
a. If you last wash your hair on Monday – please do the wash test on Saturday morning.
b. If you last wash your hair on Tuesday – please do the wash test on Sunday morning.
c. If you last wash your hair on Wednesday – please do the wash test on Monday morning.
d. If you last wash your hair on Thursday - please do the wash test on Tuesday morning.
e. If you last wash your hair on Friday- please do the wash test on Wednesday morning.
f. If you last wash your hair on Saturday – please do the wash test on Thursday morning.
g. If you last wash your hair on Sunday – please do the wash test on Friday morning.

2. On the day of your wash test, please wash and rinse your hair in a basin (sink) whose hole is covered by gauze to entrap all the lost hairs. You may shampoo and rinse and wash your hair normally, just be sure to trap all the hair with the gauze.

3. Hairs are then DRIED for 2-3 days and put in a zip lock bag and then into an envelope and  mailed to Dr. Donovan for further analyses. PLEASE MAIL TO:  Donovan Hair Clinic. 905-750 West Broadway Street Vancouver BC V5Z 1H8. Please do not send wet hairs.