

easy read



Having a drug or alcohol test

What you need to know



Cansford
Laboratories
Pioneering drug and alcohol testing

FREE for the clients
of family law
professionals
and social
workers

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How to use this booklet

This is an Easy Read version. All the words and their meanings are easy to read and understand.

finding out



You may need support to read and understand this booklet.



Some words may be difficult to understand. Ask someone you know to help you if you need support.

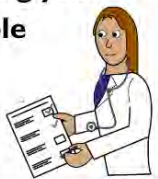


A drug and alcohol test means we will look at your sample.



A sample is a small amount of hair, blood, nail or saliva collected from you.

Testing your sample



'We' in this guide means Cansford Laboratories, who will be testing your drug or alcohol sample.

Having a drug or alcohol test



Your solicitor or a judge at court may have asked you to do a drug or alcohol test.

good to know



This booklet explains everything you need to know.

We hope it will help you understand what is going to happen.

anxious



We know you might be feeling anxious or scared.

This guide is to support you, so everything is as stress-free as possible.

Before your sample is collected #1



We will call, message or email you to arrange a time and date for you to have your sample collected.



We will also tell your solicitor or social worker.



You may have been asked to give one or two types of sample.

These can be either hair, nail, blood, saliva or a DNA sample.



You will meet a collector from Cansford Laboratories.

Before your sample is collected #2

my name



If you have no ID, the collector will take a photo of you to check with your solicitor or social worker.

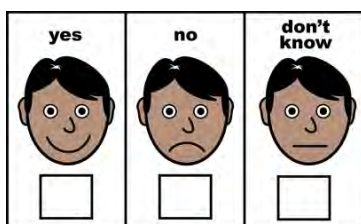
information about me



The collector will ask you questions about any medication you are taking.



The collector will explain how they will collect your sample and the process to you.



The collector will also ask when you think you last used drugs or alcohol.

Questions and answers

home visit



Collecting your sample may take place at your home or at your solicitors or social workers office.



We may need to take your photo as ID and put it in the final report with your results so your solicitor knows it is you.

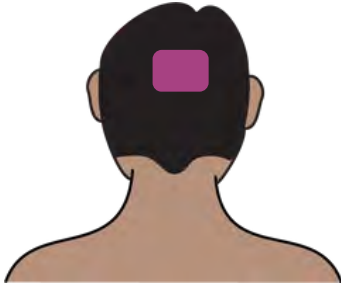


It is OK to have a friend or social worker with you if you are worried or scared.



Ask questions if you are unsure.

Having a hair sample done



A small piece of hair will be snipped from the back of your head.

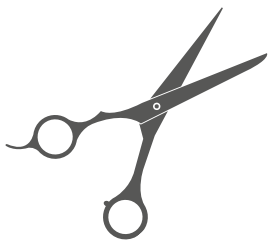


The hair sample will be about the width of a shoelace.

This is because we try and hide where the hair is taken from on your head.



The collector will sit by the side or behind you to take your sample.



They will use scissors like a hairdresser and use a tray to put the sample and scissors on.

What happens to your hair sample



When your sample is cut, it is then put in a special sealed envelope.

The special envelope has a barcode on it, so we can track it.



Your sample is posted back to our laboratory for testing.

Testing your sample



When the envelope arrives at our laboratory, it is then tested by our scientists, to see if you are a medium/heavy drinker or abstained (not drinking).



The barcode means your sample cannot be lost inside our laboratory.

Having a fingerprick blood sample #1



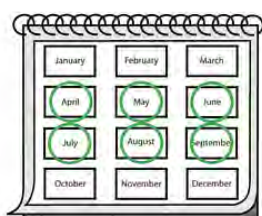
A PEth blood test sample will be collected from you by our collector to check to see if you have or haven't been drinking.



The collector will stand in front of you to take your sample.



They will use a little sharp object called a lancet to prick the tip of your finger. This is a finger prick collection.



We will use your sample to see if you are a medium or heavy drinker or have abstained (stopped or paused) over a period of time.

Having a fingerprick blood sample #2



Our collector will collect a few tiny drops of blood from your finger tip and place it on a card.



PEth is the name for a chemical we look for in your sample.



The tray we use is to help keep everything in place – lancet, envelope, and equipment.



The special envelope has a barcode and your PEth blood sample and details are inside.

Having a nail sample

Testing your
sample



We can collect a nail sample from you instead, if you have little or no hair.



This method is used to test for drug and alcohol use.



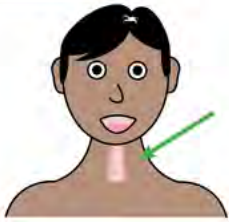
Just like a hair test, a nail test can only show if you have used drugs or alcohol more than a week ago.



We use nail clippers and clip a small section of nail from the end of your finger or toe.

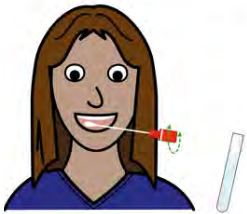
It is painless and quick.

Having an oral fluid (saliva) test



An oral fluid (saliva) sample collection is quick, easy for you and painless.

swab mouth



The collector will place a small plastic stick under your tongue .



Collection using this stick doesn't hurt.



When your sample is collected, it is placed in a barcoded envelope and sent for testing at our laboratory.

What happens after my sample collection

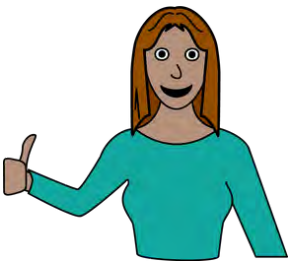


The collector will post your sample in a sealed envelope.

Your envelope is sealed and has a barcode unique to you.



It will be posted to our laboratory in South Wales to be tested.



The barcode means there are no mix-ups with your sample or anyone else's sample.



It won't take long for you to get your results. It takes 3 days and DNA takes 5 days.

Testing your sample at our laboratory

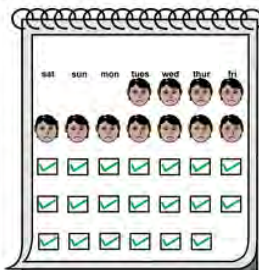
Testing your sample



When it arrives, our team of scientists will test your sample using special instruments in our laboratory.



They have tested thousands of samples before and can be trusted.



Testing your sample takes no more than 3 days – but can take up to week, depending what type of sample we are testing for.



You will know your results quickly.

What happens next



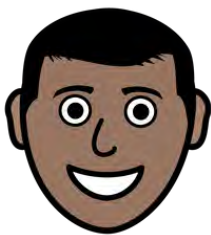
When your results are ready, we will tell your solicitor or social worker first.



Your solicitor or social worker will then contact you to talk about your results.



It's ok if you need more information or have questions about your results.



Our team at Cansford Laboratories are friendly and helpful.



You can ask us questions, or get your solicitor or social worker to ask us for you.

About the collector

explain



The Cansford collector will be polite and professional, and you can trust them.

on time



They have ID and are properly trained.

Taking a sample from you usually takes no more than 15-20 minutes to do.

It is quick.

good to know



If you have questions, you can ask the collector during the collections visit.



Or you can call your solicitor or social worker after the collection is done and ask them.

Your results

**ask
questions**



Your results can take up to three working days, depending on when they arrive at our lab.



Once your results are ready, they will be sent to your solicitor or social worker first.

report



We will then discuss your results with your solicitor or social worker if needed.



Your solicitor or social worker will then contact you to talk about your results.

Cansford Laboratories can also answer your questions.

Contact us

Cansford Laboratories

If you have questions, you can contact us using the following:



Call us on 029 2054 0567



Open Monday to Friday
9am to 5pm.



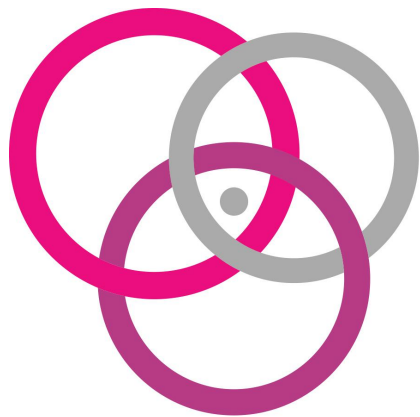
Email us at
info@cansfordlabs.co.uk



Or go to our website
www.cansfordlabs.co.uk



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social media – Facebook,
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Cansford Laboratories

Pioneering drug and alcohol testing

www.cansfordlabs.co.uk

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