

Cortisol Awakening Response (CAR) Test Kit

Sampling Instructions

INST 008_01 ENG

Please note that this test is not suitable for individuals under 18 years of age, as appropriate reference values are not yet available.

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- 4 saliva collection tubes (with coded labels)
- 4 plastic straws
- Protective mailing container (white cap) with inserted absorbent material
- Plastic bag marked "Biohazard"
- Ice Pack
- Return envelope

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Please pay attention to the following instructions. Deviations from these instructions may result in improper evaluation of the test results.

If unsure, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday, 8 a.m. to 7 p.m.

Adhering to the **scheduled sampling times** is critically important for the interpretation of results. Even small delays in sample collection may alter the findings.

Please note that cortisol levels are typically higher on working days compared to non-working days. Therefore, when performing follow-up testing, samples should always be collected **on the same type of day (working/non-working)** to ensure comparability.

- **Do not drink alcohol** the night before sample collection.
- Do not go to bed later than 11:00 p.m. the night before, and wake up no later than 8:00 a.m. on the day of the test.
- **Get out of bed** immediately after waking up.
- Avoid exposure to strong light sources (e.g., light therapy lamps or wake-up lights) during the night.
- Saliva samples **must not contain blood**, e.g., from gum bleeding.
- Samples must be collected **before brushing your teeth, or at least 30 minutes after brushing**.
- **Do not use mouthwash or any gargling solution**.
- Collect all saliva samples throughout the test day **at least 30 minutes after eating or drinking**.
- **Do not eat or drink** anything before collecting the first saliva sample.
- Immediately before collecting the sample, rinse your mouth with **clean water** and begin sampling only once saliva flow has normalized.

Continued on the next page



- It is important to be aware that [the use of certain medications and dietary supplements](#) may affect the hormone levels measured by the AdrenalScan®. Such substances include ketoconazole, clomiphene, phenytoin, DHEA, and steroids (e.g., prednisone, hydrocortisone), regardless of the route of administration: orally, by injection, as creams or ointments, nasal sprays, inhalers, or eye drops.

- If you have difficulty producing enough saliva, press the tip of your tongue against the roof of your mouth or your teeth. Yawning or smelling food can also help stimulate saliva flow.

3. Saliva samples collection instructions

1. Sample collection should take place on a day when the following schedule can be followed easily:

Sample No 1	No later than 5 minutes after waking up in the morning
Sample No 2	30 minutes after collecting the first sample
Sample No 3	45 minutes after collecting the first sample
Sample No 4	60 minutes after collecting the first sample

2. [Select the appropriately numbered tube](#). Each tube has a sticker label with a unique code and a number from 1 to 4.

3. Using the plastic straw provided, direct the flow of saliva into the collection tube. Fill the tube [approximately ¾](#) full with saliva (do not include foam in the measurement).

4. Carefully close the tube.

5. Place the tube with the sample into the protective shipping sleeve and store it in your [freezer](#) until the entire sampling sequence (all 4 tubes) is complete.

4. Sending the samples

Place the kit [ice pack](#) in the freezer for at least 8 - 10 hours before shipping the sample.

Place the shipping sleeve containing all 4 collection tubes into the plastic bag labeled "Biohazard" and seal it. Then, place it inside the packaging box, along with the frozen ice pack and the [completed forms](#) (medical history form and requisition form).

Place the sealed packaging box into the [return envelope](#) and seal it.

Call your **local ACS Courier representative**, and send the sample to Diagnostiki Athinon at the recipient's expense.

If you are **outside Greece**, please **phone or email Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with the **local DHL / FedEx representative**.

>> Send the sample immediately after collection
>> Do not send the sample on Fridays or the eve of holidays