

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- 2 Saliva collection tubes (with code labels)
- 2 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.

It is important to know that taking certain **medications and dietary supplements** may affect hormone levels measured with this test. Such substances include bio-identical hormones taken sublingually, which can affect the accuracy of hormone measurement. If you are taking this type of supplement, hormone testing should be performed using a blood sample. In the case of hormones administered through other methods (e.g., creams, patches, vaginal applications, etc.), the analysis can proceed as normal, but the sample must be collected in the morning before the scheduled dose is taken.

The MenoScan® test is used to assess several chronic gynecological disorders and requires the collection of 2 saliva samples at specific times of the day (definitely between 06:00 and 09:00 in the morning).

- Women with a regular menstrual cycle should collect the samples between day 19 and day 21 (day 1 is the first day of menstruation).
- Women with an irregular cycle should collect the samples 5 days before the expected start of their period (if known).
- If you do not fall into either of the above categories, you may collect the samples on any day.

If you have difficulty producing enough saliva, press the tip of your tongue against the roof of your mouth or your teeth. Yawning or thinking about food may also help **stimulate saliva flow**.

For **at least 30 minutes before** saliva collection, do not eat, chew gum, brush or floss your teeth, or use mouthwash. Only water is allowed. The sample must be free from contaminants (including traces of mouthwash, blood, or food particles) to be valid for analysis.

3. Saliva sample collection instructions

1. Saliva collection should take place in the morning, **immediately after waking up**, and no later than 30–60 minutes after waking (ideally between 06:00 and 08:00 a.m., and in any case no later than 09:00 a.m.).

Attention! Please make sure to note the time of collection, as reference values may vary depending on the time the sample is collected.

2. When you are ready to collect the sample, rinse your mouth with tap water. Wait 3-5 minutes before beginning the collection, and during that time, try not to cough or clear your throat.

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). Carefully close the tube by sealing its cap.

4. After collecting each sample, place the tube **upright in your freezer** at -20°C. Keep it stored there until the process is completed and the samples are ready to be shipped.

5. Repeat to collect the 2nd sample the following day.

4. Sending the samples

Place the kit **ice pack** in the freezer for at least 8 - 10 hours before shipping the sample.

Place the protective mailing container, carrying the collection tubes with the **samples**, 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 box in the return envelope, 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