

Urine Sample Collection Kit - With Preservative

Sampling Instructions

INST 026_01 ENG

Tests: Kryptopyrrole

Keep out of reach of children!

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- Urine collection tube 30 ml (with coded label). It contains a stabilizing solution (ascorbic acid). **Caution! The stabilizing solution is caustic! Do not let it come into contact with mucous membranes or skin. Keep out of reach of children. Do not discard the stabilizing solution.**
- Transfer pipette with bulb
- 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.

Four days before the test, discontinue (unless otherwise instructed by your doctor) all supplements that are not taken on a regular basis and contain vitamins (B2, B6, B9), minerals and trace elements (zinc and magnesium), including amino acids and herbal supplements, as well as sports/energy drinks and vitamin-enriched waters. If you have been taking any supplement for more than 6 months and you will continue taking it after the test, then do not discontinue it (unless otherwise instructed by your doctor).

Follow your usual diet and drink your normal amount of fluids, without excess. However, avoid alcohol consumption.

Do not collect urine or proceed with this test if you are **menstruating** or have a **urinary tract infection**. If it is essential to perform the test during your menstrual period, a tampon must be used during urine collection.

Do not discontinue your prescribed medication without consulting your doctor!

To perform the selected tests, a first morning urine sample is required. In the morning, collect the first urine after getting out of bed, and before eating breakfast.

Attention! To collect the sample, you will need to purchase one simple sterile urine collection cup from the pharmacy. This cup is **not included in the current kit.**

3. Sample collection instructions

1. You should collect midstream urine early in the morning. Allow the first urine to run into the toilet for 2-3 seconds. Then, **without stopping the urination**, fill the urine cup (bought from the pharmacy) about halfway. Finish urinating in the toilet.
2. Remove the urine collection tube from the protective mailing container.
3. Empty the urine from the urine cup into the urine collection tube (alternatively, you can use the suction pipette provided to transfer the urine from the urine cup to the collection tube). **The urine collection tube must be filled to 25 ml.**
4. Screw the urine collection tube carefully and **gently invert it** 2-3 times.
5. Place the urine collection tube back into the protective mailing container with the absorbent pad and place it upright in the **freezer** until shipping.



Urine collection tube



Protective mailing container



Urine cup

4. Sending the samples

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

Please seal the protective mailing container containing the **sample collection tube** and place it inside the "Biohazard" plastic bag. Then, please put it in the packaging box, along with the 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