



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Menstrual Cycle Profile
with CycloScan®



 eshop.athenslab.gr

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Sampling Instructions for Menstrual Cycle Profile with CycloScan®

Before you begin

- Carefully check the contents of the kit. If any of the contents is missing, please contact us.
- The CycloScan® test is used to check several chronic gynecological disorders and requires taking 11 saliva samples at specific days of the menstrual cycle and at specific time of the day (between 7.00 and 9.00 in the morning).



Important Note: Read all instructions before starting

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Each Collection Kit contains

Sampling instructions

Requisition form

11 special tubes for collecting saliva

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Sticker labels

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Important information before you begin your collection

Taking hormones with **sublingual pills** or **orally dissolving pills** can affect the levels of measured hormones in saliva, not related to their actual levels in the blood. In this case, CycloScan® should not be used for hormones testing, and different ways (e.g., measuring hormones in the blood) should be used.

Taking hormones with **pills**, such as birth control pills, can be continued normally and CycloScan® can be used for hormones testing. However, make sure that the hormones are taken 10-12 hours before the sample is taken. Taking hormones with **ointments** or **transdermally (patch)** can be continued. Be sure to use a glove to apply the ointment and avoid applying it near the face, lips and neck. Also in this case, the hormones should be taken 10 - 12 hours before the sample is taken. Avoid using anti-aging creams on the face area for at least 3 days before sampling.

If you have difficulty producing enough saliva, press the tip of your tongue against the roof of your mouth or your teeth. Yawning or the smell of a food can also cause salivation.

Thirty minutes to an hour before collecting saliva, do not eat, chew gum, brush or floss your teeth, do not use mouthwash, do not smoke, and do not use any tobacco products (including tobacco vaporizers). You can only drink water during this period. If, during CycloScan® sample collection, menstruation occurs, continue collecting the remaining samples on the scheduled dates. If you forget a day during the 28-day cycle, collect the sample the next day.

Place the ice pack in the freezer (-20°C) for at least 8 to 10 hours before shipping the sample.

Collection tips

- Place the contents of the collection kit on a clean surface.
- After collecting each sample, place the tube upright in the freezer (-20°C) of your refrigerator.

How to fill the test Requisition form

Fill in the requisition form provided in the kit with all the required information.

Do not forget to write down the required tests and sign it. Please provide us the name, the phone number, and the e-mail of your doctor, therefore we can inform him / her about your results.

Marking the sample

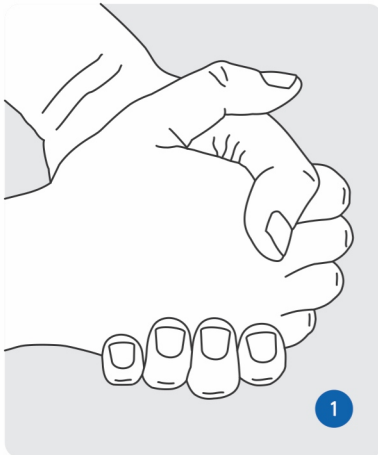
Using a blue or black pen, record your **Name** and **Surname** as well as the **Date of collection** on the label provided with the kit. Do not use a pencil or simple marker as they may fade.

Sampling Instructions

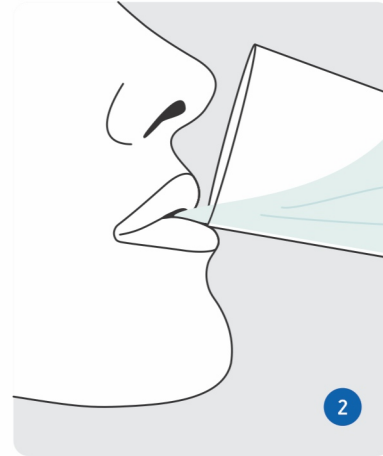
The collection of saliva samples should be performed as follows:

Day 1 **Notes:** It is the first day of your period. Start counting the days from this day.

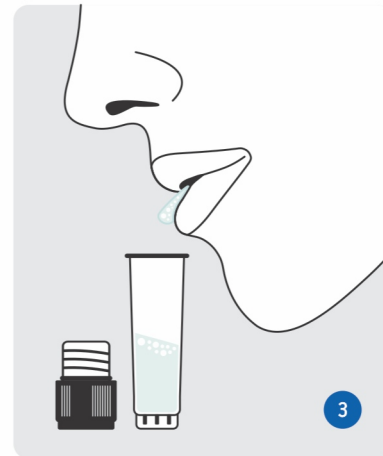
Date	Tube Nr	Day	Tube Nr
Day 3	> Tube Nr 1	Day 16	> Tube Nr 7
Day 5	> Tube Nr 2	Day 18	> Tube Nr 8
Day 8	> Tube Nr 3	Day 20	> Tube Nr 9
Day 11	> Tube Nr 4	Day 23	> Tube Nr 10
Day 12	> Tube Nr 5	Day 28	> Tube Nr 11
Day 14	> Tube Nr 6		



Wash your hands thoroughly with soap and water before starting the collection.

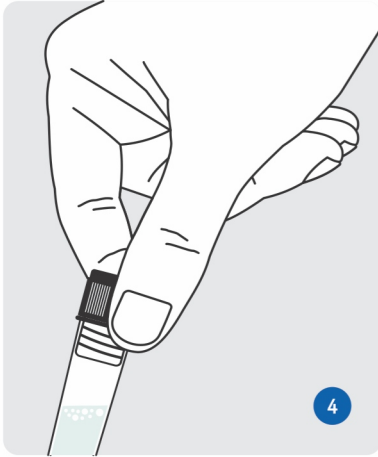


When you are ready to collect the sample, rinse your mouth with tap water. Wait 3 - 5 minutes before collecting the sample. During this time, try not to cough and do not try to clear your throat.

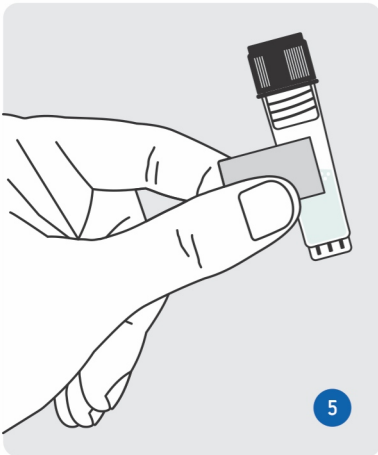


Let the saliva fill your mouth. Fill about **half the tube** with saliva, not counting the bubbles that form. Collection may take up to 20 - 30 minutes and depends on saliva flow.

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Once the saliva collection is complete, screw the cap of the tube tightly.



Important! Write the **name**, **date**, and **time of collection** on the label and stick it on the tube. After collecting each sample, place the tube upright in the freezer (-20°C) of your refrigerator.

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Ship the sample to the lab

The samples must arrive at Diagnostiki Athinon on working days.

Send the samples immediately after collection.

Do not send the samples on Fridays or the day before public holidays.

Schedule the samples collection Monday through Thursday and ship them to the lab on the same day.

Secure the microtubes into the SpeciSafe[®] case and then place the case containing the tubes in the plastic bag marked "Biohazard" and close it tightly, removing the protective cover of the adhesive tape.

Place the bag and the frozen ice pack in the carton box and close it.

Insert the cardboard packaging box into the return envelope.

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

If you are **outside Greece**, call your local **DHL** representative and use the **DHL return form**.


Receiving the results

The results will be sent to you the way you chose, approximately in 2 - 10 days after receiving the sample and depending on the type of tests required.



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