



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Urine Sampling Instructions
for DiagnosticTests®

 eshop.athenslab.gr

Urine Sampling Instructions for DiagnosticTests®

Before you begin

- Carefully check the contents of the kit. If any of the contents is missing, please contact us.
- With this collection kit you can collect a urine sample for various Diagnostic and Molecular Tests as well as tests belonging to the DetoxScan®, NutriScan®, MetaBolomiX™, Metals and Traces® groups and others.



Important Note: Read all instructions before starting

Each Collection Kit contains

Sampling instructions

Requisition form

Collection tube for Urine sample

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Plastic transfer pipettes

Sticker label

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Notice! You will need to buy a simple sterile urine cup **from the pharmacy**. These urine sample cup is **not** included in this collection kit.

Important information before you begin your collection

Four days before the test, stop taking (unless otherwise instructed by your doctor) all nutritional supplements that are **not taken on a regular basis**: Vitamins, Minerals, Amino Acids and Herbal Supplements, including sports and energy drinks as well as vitamin water. If any nutritional supplement is taken for more than 6 months and you will continue to receive it after the test. **Do not** stop it (unless your doctor instructs you differently).

Maintain your usual diet and drink your usual amount of fluids. Avoid alcohol consumption.

Do not collect urine for this lab test if you have period or you have urinary tract infection.

If laboratory testing is mandatory for any reason during menstruation, tampons should be used before taking the sample.

Do not stop your medication without consulting your doctor.

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

Collection tips

- To conduct the tests you have chosen, a first morning urine sample collection is required.
- Collect the **first morning urine** as soon as getting up from bed and definitely **before** eating your breakfast.

How to fill the test Requisition form

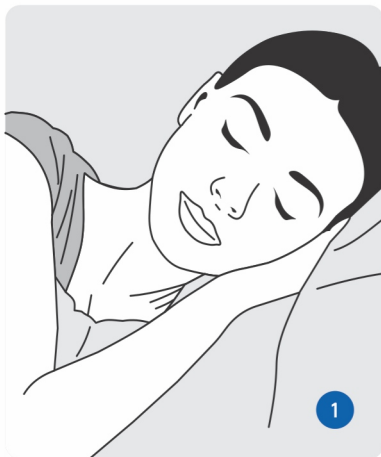
Fill in the requisition form provided in the kit with all the required information.

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.

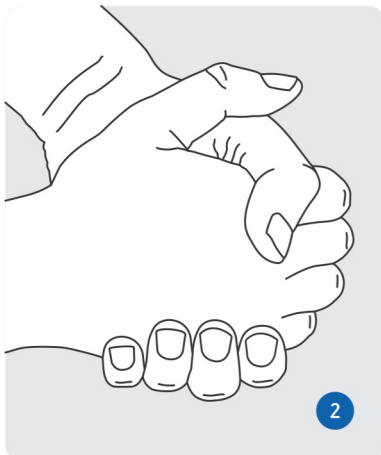
Marking the sample

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.

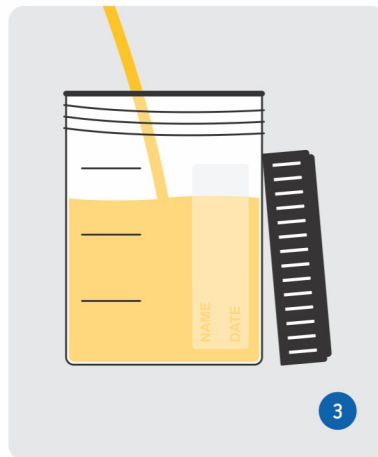
Sampling Instructions



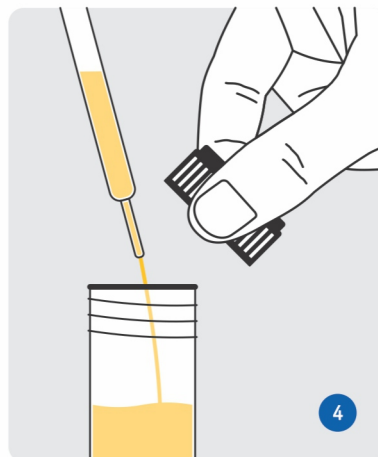
Make sure you have slept at least 6 to 8 hours then night before collection.



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

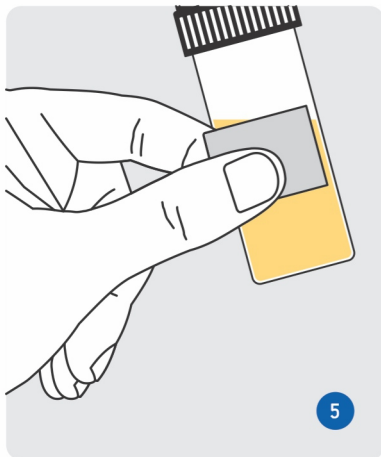


Start urinating in the toilet and after you have already started, place the urine collection cup (purchased from the pharmacy) in front of the urination stream. When the urine collection cup is about 2/3 full, remove it and complete urination into the toilet.



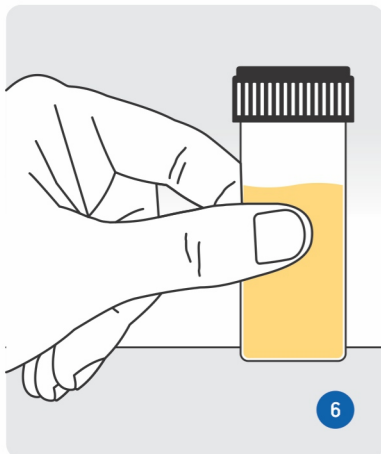
Then transfer about 10 ml of urine to the screw cap tube with the help of the plastic transfer pipette.

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Using blue or black pen or a permanent marker, write down on sample label provided with the kit, your Name, Surname and the Date of Collection. Stick the label onto the tube.

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Place the tube upright in the freezer (-20°C).

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Ship the sample to the lab

The samples must arrive at Diagnostiki Athinon on working days.

Send the sample immediately after collection.

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

Schedule the sample collection Monday through Thursday and ship it to the lab on the same day.

Secure the collection tube into the SpeciSafe[®] case and then place the case containing the tube 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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