



**DIAGNOSTIKI ATHINON**

Clinical & Research Laboratory

**Sampling Instructions**  
for urine Neurotransmitters testing  
with NeuroScan®

 [eshop.athenslab.gr](https://eshop.athenslab.gr)

## Sampling Instructions for urine Neurotransmitters testing with NeuroScan®

### 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®, Metals and Traces® groups and others.



**Important Note:** Read all instructions before starting

## Each Collection Kit contains

Sampling instructions

Requisition form

Urine collection tube

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Plastic transfer pipette

Sticker label

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

**Notice!** You will need to **buy from the pharmacy** one 24-hour urine container. This container 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 supplements that are **not** taken on a regular basis: Vitamins, Minerals and Trace Elements, Amino Acids and Herbal Supplements, including sports and energy drinks as well as of vitamin waters. If any supplement is taken for more than 6 months and you will continue to take it after the test, then **do not** discontinue it (unless otherwise instructed by your doctor).

**Two days** before the test and on the day of collection, avoid eating the following foods: avocado, eggplant, tomatoes, bananas, melon, pineapple, grapefruit, plums, peanuts and peanut butter, wine, rice, and chocolate.

**24 hours** before the test and on the day of collection avoid eating or drinking coffee, tea or caffeinated beverages and do not smoke. Eat your usual diet and drink the usual amount of fluids, without exaggeration. However, avoid drinking alcohol. Avoid strenuous exercise.

**On the day of collection**, it is better not to take dietary supplements or antihistamines, anti-inflammatory drugs (NSAIDs) and anxiolytics - hypnotics, in consultation with your doctor.

**Do not perform urine collection and this test if you have period or you have urinary tract infection.**

**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

- A 24-hour urine sample is required to test neurotransmitters in the urine. It is best to schedule a 24-hour urine collection one day at home (e.g., on Sunday).
- If there is an urgency to have the test during menstruation, then tampons should be used before taking the sample.
- In the morning after getting out of bed, urinate in the toilet bowl. Do not collect this urine. You will collect all the urine after this urination.

## 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.

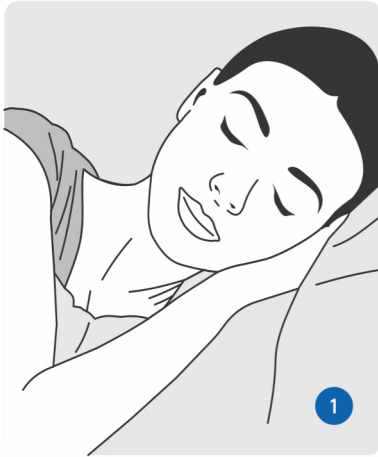
Please provide us the name, the phone number, and the e-mail of your doctor, therefore we can inform him / her about your results.

## 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.

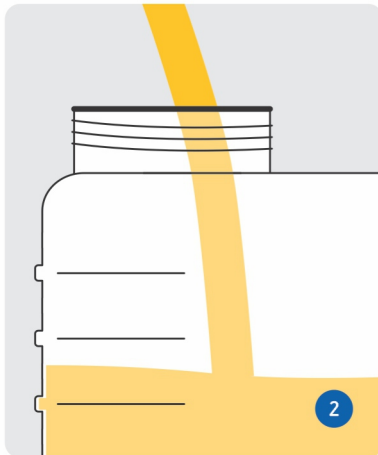
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## Sampling Instructions



Make sure you sleep for at least 6 to 8 hours the night before collection.

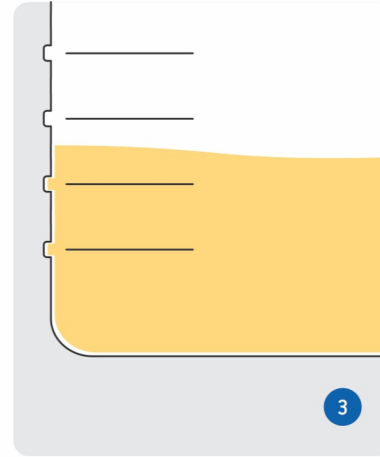
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The time of the 24-hour period begins when the first urination is rejected. All urine for the next 24 hours is collected in the container, which should be kept in a cool place (preferably in the refrigerator). If any urine is accidentally lost during the 24-hour period, the test should be stopped and started again.

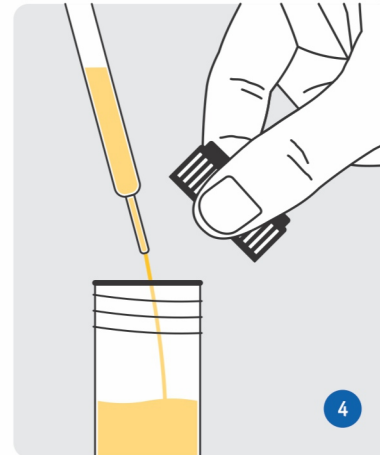
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After collecting the urine, place the container on a flat surface and read the volume of urine on the sides of the container. Write the number on the test form.

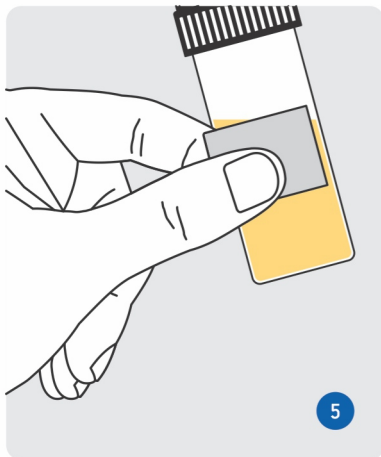
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Then shake the container to mix the contents and transfer the urine to the collection tube with the help of transfer pipette, until it is half-full. Screw the tube tightly.

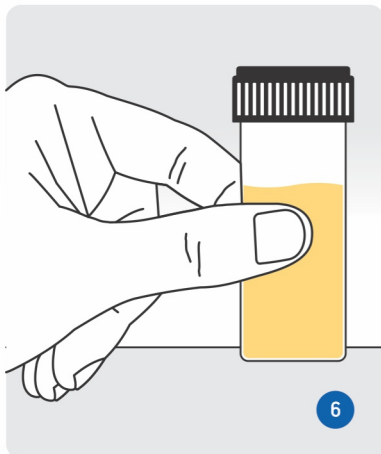
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Using a blue or black pen, record your Name and Surname as well as the Date of collection on the label provided with the kit and stick it on the tube.

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Place the tube upright in the freezer ( $-20^{\circ}\text{C}$ ) until the day of dispatch or for at least 6 hours prior to dispatch if it occurs on the same day as the collection is completed.

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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 Sunday through Thursday and ship it to the lab on the day the urine collection is completed.

Secure the urine collection tube into the SpeciSafe<sup>®</sup> 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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