

Stool Sample Collection Kit

Sampling Instructions

INST 001_01 ENG

The following information will help you collect and send your stool sample correctly. This allows our laboratory to provide you with accurate results.

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- Protective mailing container (white cap) with inserted absorbent material
- Stool collection tube (brown cap), is inside the protective mailing container. There is a **code label** on the collection tube.
- Plastic bag marked "Biohazard"
- FecCollect® Paper Stool Collection Device
- 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. Sample collection instructions

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.

FecCollect® Paper Faeces Collection Device



Place the FecCollect® paper stool collection device on the bowl's rim.

Refer to the detailed instructions for using the collection device.

Caution! The stool sample **must not** come into contact with the bowl's water or cleaning agents.

Stool collection tube in protective mailing container with inserted absorbent material

1. To collect the stool sample, remove the stool collection tube (brown cap) from the protective mailing container (white cap).
2. Open the brown cap of the stool collection tube by turning it counterclockwise.



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3. Use the spoon built into the lid to take material from **3 to 5 different** locations of the collected stool.
4. Fill the stool collection tube **about halfway**. Please **do not fill it out completely!**
5. Then, close the stool collection tube tightly.
6. Return the stool collection tube to the protective mailing container with the absorbent pad and store it in a cool place, preferably in the refrigerator, until shipping.

Disposal

1. Discard the Fe-Col[®] collection device. Since the device is paper, it can be disposed of in the toilet bowl. Alternatively, you can dispose of it just like toilet paper. All other materials and packaging can be disposed of with household waste.
2. Wash your hands thoroughly after collecting the sample.

3. How to prepare properly

1. **Do not change your diet** before collecting the sample. Follow your usual diet.
2. If you are taking **probiotics**, **stop taking them for 2-3 days** (with your doctor's approval) before collecting the sample. Foods containing probiotics (e.g., yogurt) can be consumed as long as they are part of your diet.
3. **Avoid** taking **digestive enzymes, antacids, and non-steroidal anti-inflammatory drugs** (e.g., aspirin) for 2-3 days before sample collection, always in consultation with your doctor.
4. If you take **antibiotics, antiparasitics, or antifungal** medication, you should finish your treatment and wait **at least seven days** after the last dose before collecting the sample. If you have had a **colonoscopy or barium enema**, you should wait **at least two weeks**.
5. Defecation must be natural, that is, **without the aid of laxatives** (pharmaceutical or natural, taken orally or rectally).
6. **Supplements** (e.g., vitamins) taken for more than one month do not need to be discontinued.

4. Sending the samples

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

Please seal the protective mailing container containing the stool collection tube inside the "Biohazard" plastic bag. Next, please place it in the packaging box 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