

## 1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- 2 Swabs for genetic material collection (their tubes carry coded labels)
- Transfer pipette with bulb
- Urine collection tube (with coded label)
- 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.

For 24 hours before collecting the sample, you must avoid any sexual activity.

Sample collection should not be performed during menstruation.

**Do not discontinue your prescribed medication without consulting your doctor!**

On the day of sample collection:

- (1) Do not use any vaginal creams or suppositories, and
- (2) Do not wash the genital area.

Wash your hands thoroughly with water and soap (avoid disinfectant or antiseptic soaps) to reduce the risk of contamination.

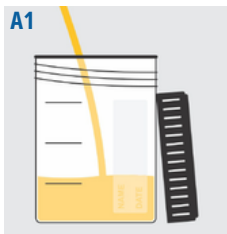
For the tests you have selected, the collection of two different types of samples is required: **one urine sample** in a urine collector, and **two vaginal swab samples** using special swabs.

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

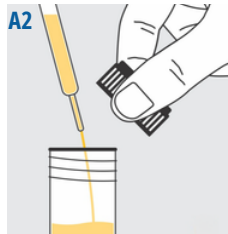


## 3. Sample collection

### A. First morning urine collection



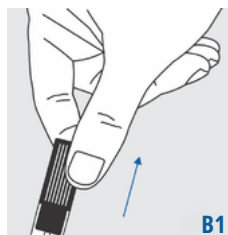
On the same day that the swab samples are collected, you must also collect the first morning urine. Urination **should begin inside** the collection container. Fill the urine collector to about 1/3 of its volume.



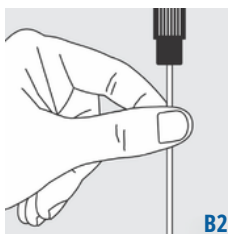
Once the urine sample has been collected, use the suction pipette to transfer a few milliliters of urine into the first collection tube (about half of its volume).

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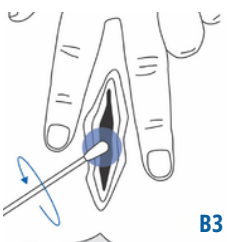
### B. Vaginal swab samples collection



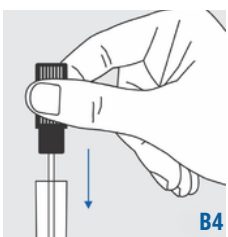
Hold the swab tube with one hand and gently pull the swab out with the other.



Hold the swab by its shaft, just below the cap.



Collect the sample as shown in the illustration: carefully insert the swab into the vagina until your fingers touch the vaginal opening, and gently rotate the swab 3 - 4 times.



While holding the swab by the cap, place it back into its tube. Repeat the same procedure with the second swab.

## 4. Sending the samples

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

Once the swab collection is complete, place the urine collection tube into the protective case and close the lid carefully. Then, place the case, along with the 2 swabs, inside the plastic bag labeled "Biohazard" and seal it securely.

Then, place the bag inside the packaging box, along with the frozen ice pack and the **completed forms** (medical history form and requisition form).

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**



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