

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- 11 Saliva collection tubes (with coded labels)
- 11 Plastic straws
- 2 protective mailing containers (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.

Hormone administration via **sublingual or orally dissolvable tablets** may affect the hormone levels measured in saliva. In such cases, CycloScan® should not be used for hormone assessment. Alternative methods, such as blood testing, are recommended.

Hormone administration via **tablets**, such as oral contraceptives, can be continued as usual, and CycloScan® can still be used for hormone assessment. However, make sure that hormone intake occurs 10-12 hours before saliva sample collection.

Hormone administration via **creams or transdermal patches** can be continued as usual. However, make sure to use gloves when applying hormone creams, and avoid application near the face, lips, or neck. In all cases, hormone application should take place 10-12 hours before saliva sample collection.

The saliva sample must not contain blood, e.g., from gum bleeding or oral injuries.

Do not use mouthwash or any gargling solution.

Collect the samples **before brushing your teeth**.

Do not smoke while collecting the saliva sample.

Right before collection, rinse your mouth with **clean water** and begin sampling only once saliva flow has normalized.

Apart from water, **do not consume any drinks (e.g., coffee) or food before collecting the saliva sample**. You may eat only after sample collection, as milk, dairy products, and food residues may contain significant amounts of hormones that could interfere with test results.

Please also note that certain cosmetic products (e.g., facial creams) often contain significant amounts of hormones and may therefore interfere with the test results. Hair loss treatments may also affect the measurements if they contain hormones, such as alpha-tradiol.

3. Saliva sample collection instructions

1. Saliva collection should be performed in the morning **immediately after waking up**, and no later than 30 minutes after waking.
2. If the sample is not collected in the morning, please make sure to record the exact collection time, as reference values may vary depending on the time of day.
3. Using the plastic straw provided, direct the flow of saliva into the collection tube. Fill the tube **approximately ¾ full** with saliva (do not include foam in the measurement). Carefully close the tube.
4. Place the tube with the sample into the protective shipping sleeve and store it in your **freezer** until the collection process is complete and the samples are ready to be shipped.

Saliva samples should be collected as follows:

Day 3 > Tube No 1	Day 16 > Tube No 7
Day 5 > Tube No 2	Day 18 > Tube No 8
Day 8 > Tube No 3	Day 20 > Tube No 9
Day 11 > Tube No 4	Day 23 > Tube No 10
Day 12 > Tube No 5	Day 28 > Tube No 11
Day 14 > Tube No 6	

Note: Day 1 is the first day of your cycle. The first day of your cycle is the day your period begins. In cases of very light bleeding, this also counts as the first day of your period. Start counting the days from that day.

4. Sending the samples

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

Place the protective case containing the collection tube with the sample into the plastic bag labeled "Biohazard" and seal it. Then, place it inside the packaging box, along with the frozen 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 **contact 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