

Urine Sample Collection Kit

Sampling Instructions

INST 003_01 ENG

Tests: MetaBolomiX™, Urine Amino Acids, Urine Indican, Urine Heavy Metals (Basic and Extended Profiles), EstroGeniX™, Glyphosate, Mycotoxins, Histamine Metabolites, Urine Melatonin Sulfate, 8-ISO F2a, 8-OHdG

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- Urine collection tube 30 ml (with coded label)
- Transfer pipette with bulb
- Plastic bag marked "Biohazard"
- Protective mailing container (white cap) with inserted absorbent material
- 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

During the afternoon and night before the sample is taken, avoid drinking large amounts of fluids; **do not consume more than 500 ml in warm months or 300 ml in cold months.**

Four days before the test, discontinue the use of any supplements that you do not take on a regular basis (unless otherwise instructed by your doctor). This includes vitamins, minerals, and trace elements, amino acids, and herbal supplements, including sports and energy drinks, as well as vitamin-enriched waters. If you have been taking any supplement continuously for more than 6 months, and you plan to continue taking it after the test, do not discontinue it (unless your doctor advises otherwise).

>> Important information for women

Please do not sample during menstruation.

To specifically perform the urine **metabolomic analysis (MetaBolomiX™)**, avoid the following factors that may affect the result:

- **Medication (especially diuretics):** Stop the medicines you are taking after consultation with your doctor.
- **Supplements:** Stop taking supplements for 48 hours before sampling.
- **Food:** Do not eat the following for at least 24 hours before sampling:
 - **Fruits** (apples, plums, cherries, cranberries, bananas, kiwis, raisins)
 - **Tomatoes**
 - **Avocado**
 - **Nuts** (walnuts, pecans)
 - **Pumpkin**
 - **Drinks** (lemonade, wine)
 - **Food additives** (benzoic acid, aspartame, cremorium)

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

3. Sample collection instructions

1. You should collect midstream urine early in the morning. Allow the first urine to run into the toilet for 2-3 seconds. Then, **without stopping the urination**, fill the urine cup (bought from the pharmacy) about halfway. Finish urinating in the toilet.
2. Remove the urine collection tube from the protective mailing container.
3. Empty the urine from the urine cup into the urine collection tube (alternatively, you can use the suction pipette provided to transfer the urine from the urine cup to the collection tube). **The urine collection tube must be filled to 25 ml.**
4. Screw the urine collection tube carefully and **gently invert it** 2-3 times.
5. Place the urine collection tube back into the protective mailing container with the absorbent pad and place it upright in the **freezer** until shipping.



Urine collection tube



Protective mailing container



Urine cup

4. Sending the samples

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

Please seal the protective mailing container containing the **sample collection tube** and place it inside the "Biohazard" plastic bag. Then, please put it in the packaging box, along 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