



**DIAGNOSTIKI ATHINON**

Clinical & Research Laboratory

Blood Sampling Instructions  
for DiagnosticTests®



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

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## Blood Sampling Instructions for DiagnosticTests®

### 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 blood 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

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### Each Collection Kit contains

Sampling instructions

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Requisition form

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The appropriate\* blood collection microtubes

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Plastic bag marked "Biohazard"

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Unbreakable case with absorbent material SpeciSafe®

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The corresponding labels for the microtubes

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2 - 4 automatic disposable blood collection lancets

(not suitable for children under 1 year)

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Gauze pads soaked with alcohol

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Adhesive bandages

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Ice pack

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Cardboard packaging box

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Return envelope

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DHL return form

(only in case of shipment outside Greece)

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\* The type and number of microtubes as well as the number of blood collection lancets and other materials depends on the type and number of tests requested.

## Important information before you begin your collection

For most blood tests, **no** fasting is usually required before collecting the sample.

If your diagnostic tests include one or more of the following tests, then it is mandatory to have a **10-12 hour fast**: Glucose, Insulin, Peptide C, Triglycerides, Gastrin, Cryoglobulin, Parathormone, Growth Hormone, Glucagon, Iron, TIBC, Homocysteine (desirable), CTX, NTX, Coenzyme Q10, Plasma Amino Acids, all Vitamin tests, OmegaScan®.

It is preferable to take blood sample in the morning (07:30 - 09:30).

Do not stop your scheduled medication unless there is a specific medical prescription.

**Place the ice pack in the freezer (-20°C) for at least 8 to 10 hours before shipping the sample.**

## Collection tips

It is easier to take blood when:

- You are very well hydrated before you start.
- Wash your hands with lukewarm water for at least 1 minute.
- Rub your palms together just before taking the sample, to increase blood circulation.
- Place the contents of the collection kit on a clean surface.

## 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.

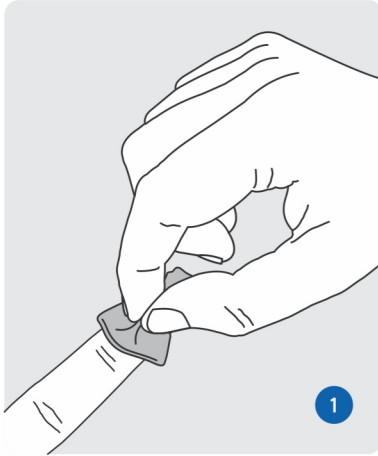
Please provide us the name, the phone number, and the e-mail of your doctor, therefore we can inform him / her about your results.

## Marking the sample

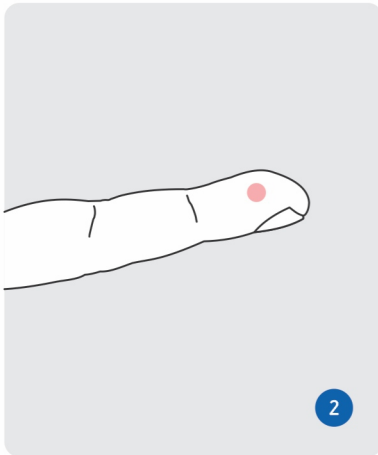
Using a blue or black pen, record your **Name** and **Surname** as well as the **Date of collection** on the label provided with the kit. Do not use a pencil or simple marker as they may fade.

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## Sampling Instructions

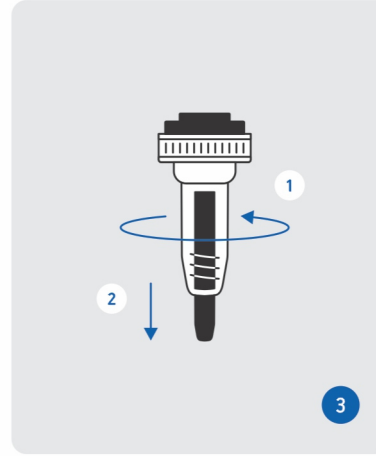


Remove the microtubes and unscrew their caps. After wiping your finger with the alcohol-soaked gauze, wait a while for it to dry. Place your hand upright on a flat surface so that you can see your palm.

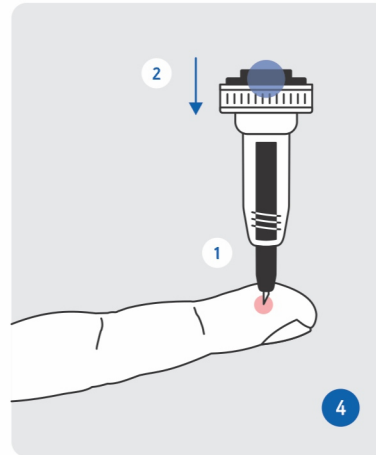


Select the finger to be pierced. The puncture site should preferably be in the lateral areas of the finger niple and not in the center (it hurts less and has more blood flow).

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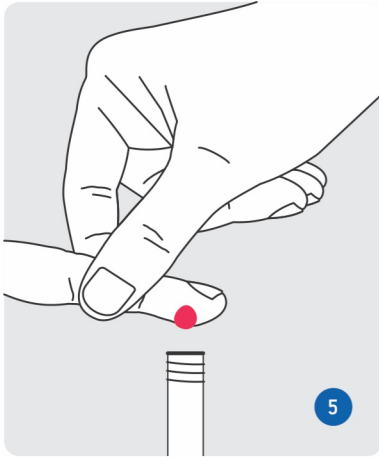


Turn the safety cover off the lancet and pull it out.

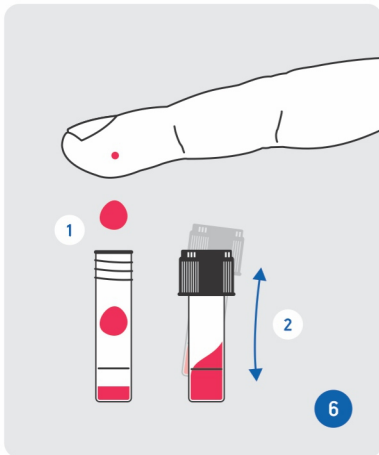


Place the lancet on the selected finger area (the lancet must be in direct contact with the skin) and press the button.

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Holding the pierced finger over the microtube, apply gentle massaging movements (successive compression / relaxation) until a large drop of blood forms.



Allow the drop of blood to fall into the microtube. Repeat until the blood reaches the black mark on the tube (500 µl). If you cannot get enough blood from the first collection, use a different finger. When the blood collection is complete, screw the cap on and invert each microtube gently 6 - 8 times.

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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 Monday through Thursday and ship it to the lab on the same day.

Secure the microtubes into the SpeciSafe® case and then place the case containing the tubes 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.



## DIAGNOSTIKI ATHINON

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