



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Intestinal Microbiome Testing
with EnteroScan®

 eshop.athenslab.gr

Sampling Instructions for Intestinal Microbiome Testing with EnteroScan®

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 stool specimen for all EnteroScan® testing options, as well as for various tests of the EnteroScan® group such as Calprotectin, Pancreatic Elastase, M2-PK and some other Diagnostic Tests, Molecular Tests and Heavy Metal Tests.



Important Note: Read all instructions before starting

Each Collection Kit contains

Sampling instructions

Requisition form

Stool specimen cup

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Paper Fe-Col® stool collection "belt"

Sticker label

A pair of disposable gloves

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Important information before you begin your collection

1. Do not change your diet routine before collecting the sample. Follow the diet plan you usually have.
2. If you are taking supplements containing **probiotics**, discontinue them (with the consent of your doctor) for 2-3 days before collecting the sample. Functional foods that contain probiotics (e.g. yogurt) can be consumed if are part of your diet.
3. Avoid taking **digestive enzymes**, **antacids**, and **non-steroidal anti-inflammatory drugs** (e.g. aspirin), always in consultation with your doctor, for 2 - 3 days before collecting the sample.
4. If you are taking any **antibiotic**, **antiparasitic** or **antifungal medicine**, you should finish your treatment and wait at least 7 days after the last dose of medicine, before collecting the sample. If you have had a **colonoscopy** or **barium enema**, you should wait at least 2 weeks.
5. The defecation should be normal, without the aid of medications (pharmaceutical or natural, taken either orally or rectally) with laxative action.
6. 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

- Wash your hands with lukewarm water and soap.
- Place the contents of the collection kit on a clean surface.

How to fill the test Requisition form

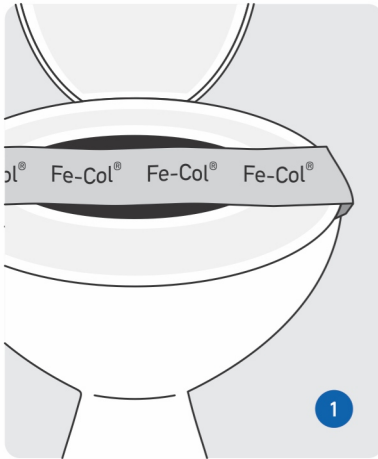
Fill in the requisition form provided in the kit with all the required information.

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.

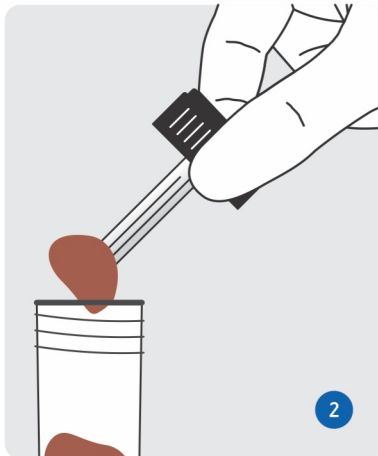
Marking the sample

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.

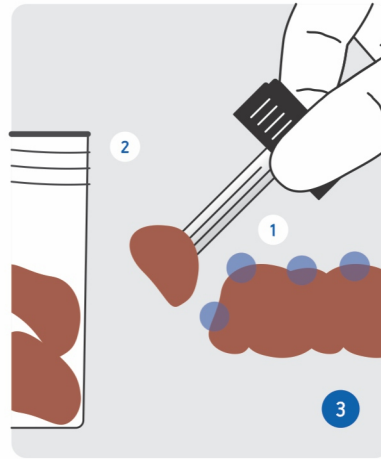
Sampling Instructions



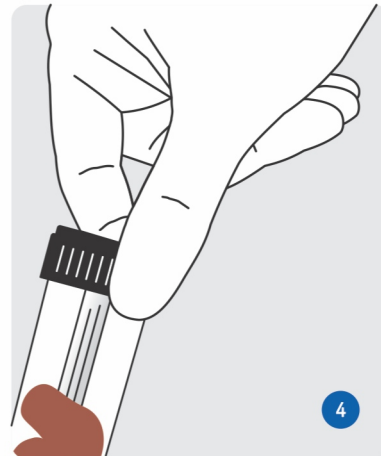
Place the Fe-Col® fecal paper collection "belt" in the basin rim. Refer to the detailed instructions for using the collection "belt".



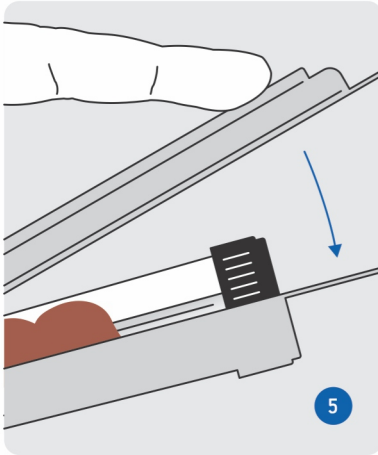
After defecation, put on the gloves, open the stool specimen cup and with the built-in plastic scoop on the lid, transfer the sample into the specimen cup.



Take multiple samples from different points of the defecation and fill about half the specimen cup. **Do not** overfill the stool specimen cup.



After you have finished collecting the sample, screw the specimen cup lid tightly. Stick the label with your details on the stool specimen cup.



Transfer the stool specimen cup in to the special unbreakable case SpeciSafe® and carefully close the case lid.



Discard the stool collection "belt". Because the "belt" is made of paper, it can be discarded inside the basin. Alternatively, you can dispose it just like toilet paper. Discard gloves in the trash.

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.

Place the unbreakable case SpeciSafe® containing the sample in the plastic bag marked "Biohazard" and close it securely by removing the protective tape cover.

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.



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