



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Vaginal Microbiome Testing
with FemoScan®

 eshop.athenslab.gr

Sampling Instructions for Vaginal Microbiome Testing with FemoScan®

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 specimen for all FemoScan® testing options, such as Comprehensive, Screen UMC, TNC as well as FemoScan® 5 & 6.

Each Collection Kit contains

Sampling instructions

Requisition form

Swabs for DNA isolation

Stuart transport swab

Urine collection cup

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)



Important Note: Read all instructions before starting

Important information before you begin your collection

You must not have sexual intercourse for 24 hours before collecting the sample.

Samples should not be taken during menstruation.

On the day of collection (1) do not use vaginal creams or suppositories and (2) do not wash the genital area.

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

Collection tips

- Place the contents of the collection kit on a clean surface.
- Wash your hands with soap and water (avoid disinfectant / antiseptic soaps) to reduce the chance of contamination.

How to fill the test Requisition form

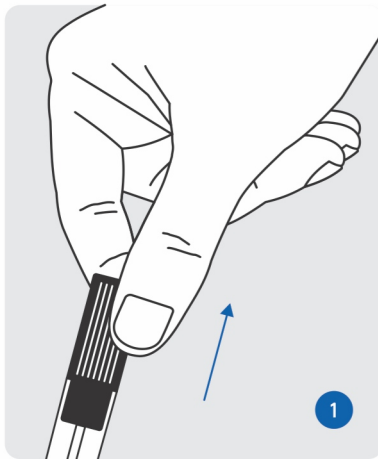
Fill in the requisition form provided in the kit with all the required information.

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

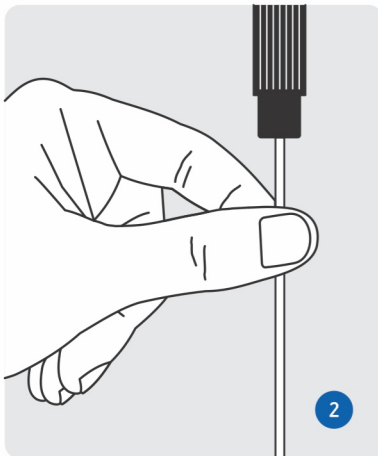
Using a blue or black pen, record your **Name** and **Surname** as well as the **Date of collection** on the swabs provided with the kit. Do not use a pencil or simple marker as they may fade.

Sampling Instructions - Vaginal collection



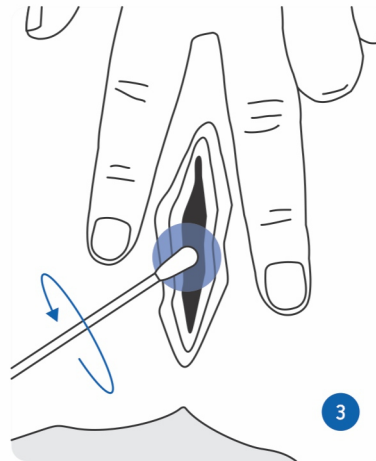
Hold the swab case with one hand and the swab cap with the other and pull the swab out.

1



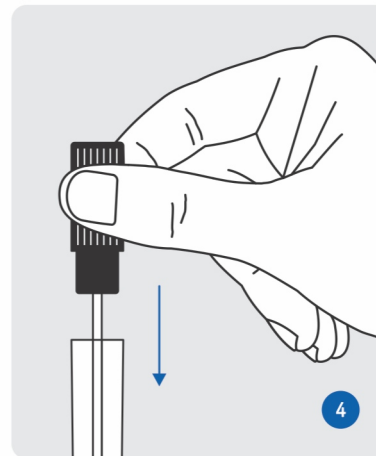
Hold the swab from its shaft, slightly lower than its cap.

2



Collect the sample as shown in the illustration. Very carefully insert the swab into the vagina until your fingers touch the vulva and with gentle movements rotate the swab 3 - 4 times.

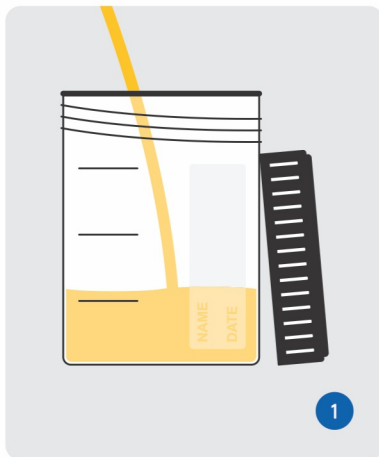
3



Holding the swab by its cap, place it in its case. Repeat the same procedure with the other 2 swabs.

4

Sampling Instructions - Urine collection



On the same day that the swabs samples are taken, collect the first morning urine. Urination **should begin** into the urine collection cup. Fill the urine collection cup to about 1/3 of its volume.



Close the urine collection cup carefully and store it in the freezer until the swab sampling procedure is completed.

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.

When swab sampling is complete, transfer the urine collector to the special unbreakable case SpecSafe® and carefully close the lid of the case. Insert the SpecSafe® case together with the 3 swabs into the plastic bag marked "Biohazard" and close it, 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.



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