



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Menopause Test
with MenoScan®



 eshop.athenslab.gr

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Sampling Instructions for Menopause Test with MenoScan®

Before you begin

- Carefully check the contents of the kit. If any of the contents is missing, please contact us.
- The MenoScan® test is used to check several chronic gynecological disorders and requires taking 2 saliva samples at specific times of the day (between 7.00 and 9.00 in the morning).



Important Note: Read all instructions before starting

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Each Collection Kit contains

Sampling instructions

Requisition form

2 special tubes for collecting saliva

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Sticker labels

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Important information before you begin your collection

It is important to know that taking certain medications and supplements can affect the levels of hormones measured with MenoScan[®]. Such medications are the bioidentical **hormones** that are taken **sublingually** and which can affect (increase) the measured values. If you are taking such medications, your hormones analysis should be tested in a blood sample. In case you are taking hormones in a different way (e.g., creams, patches, intravaginal, etc.) then the sample can be taken in the morning **before** the scheduled dose.

- Women with a regular cycle should collect samples between the 19th and 21st day (1st day is the day the period starts).
- Women with an irregular cycle should collect samples 5 days before the beginning of the period (if they know it).
- If you do not belong to any of the above categories, collect the samples any day, as long as you do not have menstruation

If you have difficulty producing enough saliva, press the tip of your tongue against the roof of your mouth or your teeth. Yawning or the smell of a food can also cause salivation.

Thirty minutes to an hour before collecting saliva, do not eat, chew gum, brush or floss your teeth, do not use mouthwash, do not smoke or use any tobacco products (including tobacco vaporizers). You can only drink water during this period.

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.
- After collecting each sample, place the tube upright in the freezer (-20°C) of your refrigerator.

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.

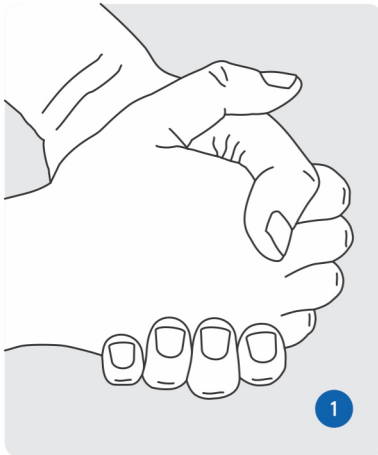
Marking the sample

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

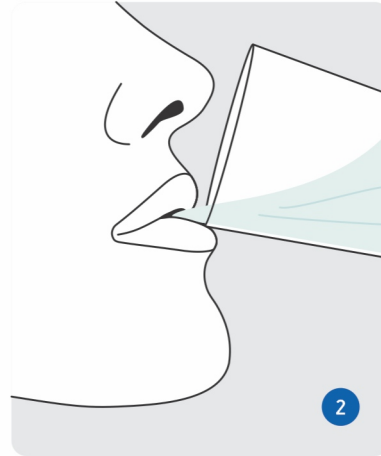
Sampling Instructions

Saliva samples should be collected at the following hours of the day.

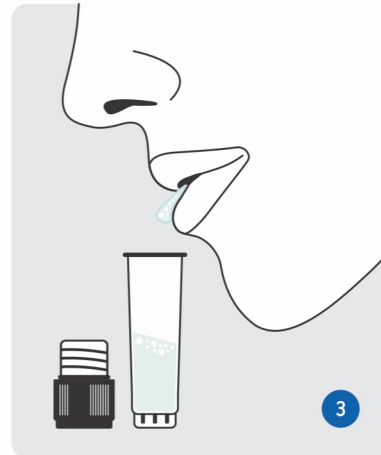
Sample (Tube Nr)	When to collect
Sample Nr 1 - Day 1	Within 1 hour after waking up in the morning (ideally between 06:00 and 08:00 in the morning and definitely not later than 09:00).
Sample Nr 2 - Day 2	Within 1 hour after waking up in the morning (ideally between 06:00 and 08:00 in the morning and definitely not later than 09:00).



Wash your hands thoroughly with soap and water before starting the collection.

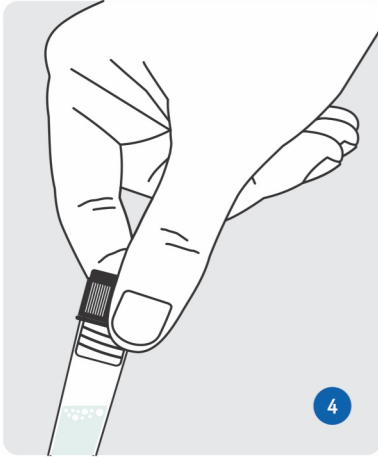


When you are ready to collect the sample, rinse your mouth with tap water. Wait 3 - 5 minutes before collecting the sample. During this time, try not to cough and do not try to clear your throat.

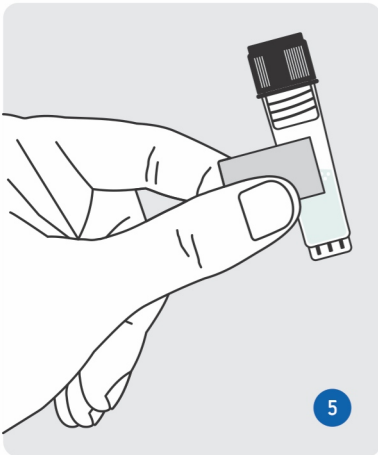


Let the saliva fill your mouth. Fill about **half the tube** with saliva, not counting the bubbles that form. Collection may take up to 20 - 30 minutes and depends on saliva flow.

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Once the saliva collection is complete, screw the cap of the tube tightly.



Important! Write the **name**, **date**, and **time of collection** on the label and stick it on the tube. After collecting each sample, place the tube upright in the freezer (-20°C) of your refrigerator.

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Ship the sample to the lab

The samples must arrive at Diagnostiki Athinon on working days.

Send the samples immediately after collection.

Do not send the samples on Fridays or the day before public holidays.

Schedule the samples collection Monday through Thursday and ship them 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

Clinical & Research Laboratory

 6 Mesogeion Avenue, Ampelokipoi 115 27, Athens

 +30 210 7777654 / +30 210 7774569

 info@athenslab.gr

 eshop.athenslab.gr

 athenslab.gr