



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Hormone tests in Saliva
with HormoneScan®

 eshop.athenslab.gr

Sampling Instructions for Hormone tests in Saliva with HormoneScan®

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 saliva sample for various Diagnostic and Molecular Tests as well as tests belonging to the Metals & Traces®, NutriScan® groups and others.



Important Note: Read all instructions before starting

Each Collection Kit contains

Sampling instructions

Requisition form

1 special tube for collecting saliva

Unbreakable case with absorbent material SpeciSafe®

Plastic bag marked "Biohazard"

Sticker label

Ice pack

Cardboard packaging box

Return envelope

DHL return form

(only in case of shipment outside Greece)

Important information before you begin your collection

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, and do not use any tobacco products (including tobacco vaporizers). You can only drink water during this period.

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

- 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.

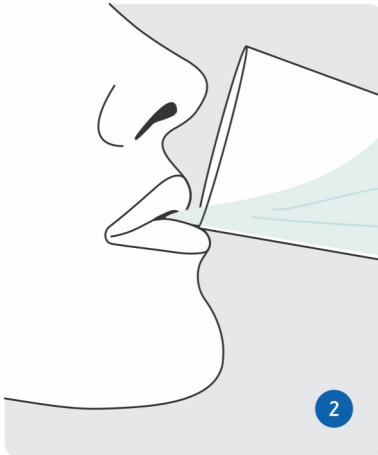
Marking the sample

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.

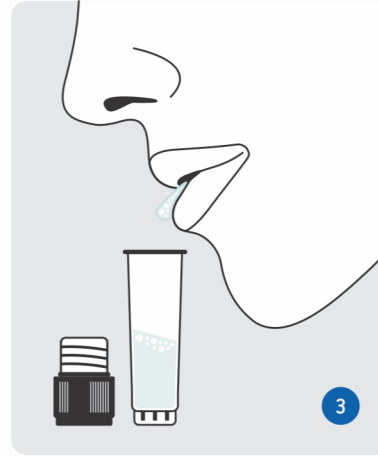
Sampling Instructions



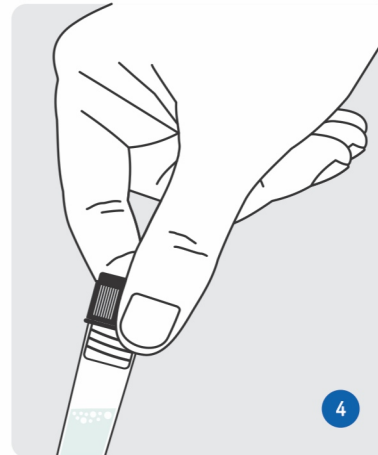
Wash your hands thoroughly with soap and water before starting the collection.



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.

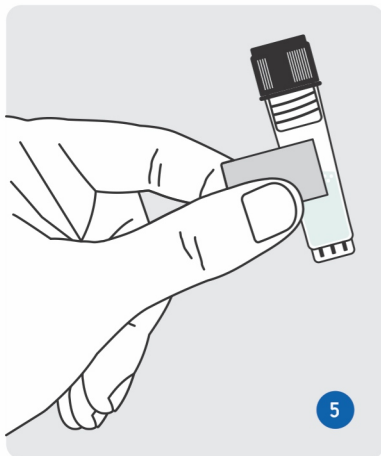


Let the saliva fill your mouth. Fill about **half the tube** with saliva, not counting the bubbles that form. Collection may take up to 20 - 30 minutes and depends on saliva flow.

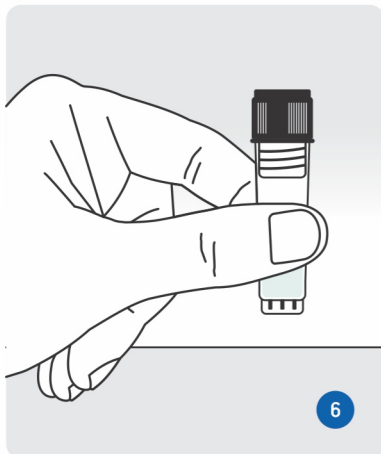


Once the saliva collection is complete, close the lid tightly.

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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 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 microtube into the SpeciSafe[®] case and then place the case containing the tube 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.



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