



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Melatonin Circadian Rhythm Testing
with HormoneScan®



 eshop.athenslab.gr

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Sampling Instructions for Melatonin Circadian Rhythm Testing with HormoneScan®

Before you begin

- Carefully check the contents of the kit. If any of the contents is missing, please contact us.
- The Melatonin Circadian Rhythm Testing is used to check sleep function and its disorders and requires taking 3 saliva samples at specific times of the day (Morning - Afternoon - Night).



Important Note: Read all instructions before starting

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Each Collection Kit contains

Sampling instructions

Requisition form

3 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

To collect the 1st morning sample, make sure you have the tube next to you from the night before.

It is important to collect saliva within the specified time frame.

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.
- 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.

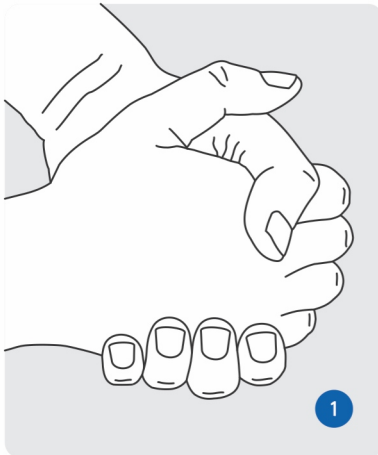
Marking the sample

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.

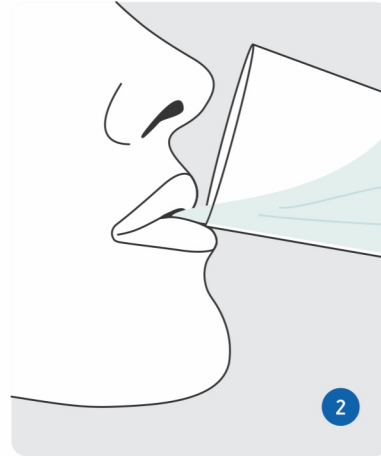
Sampling Instructions

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

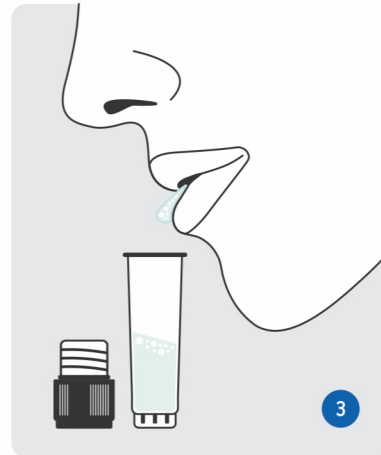
Sample (Tube Nr)	When to collect
Morning (Nr 1)	Within 30 minutes after waking up in the morning (ideally between 07:00 and 08:00 in the morning and definitely not later than 09:00). Do not expose to bright light before taking the sample.
Afternoon (Nr 2)	From 17:00 to 19:00 in the afternoon.
Night (Nr 3)	From 22:00 to 24:00 at night.



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

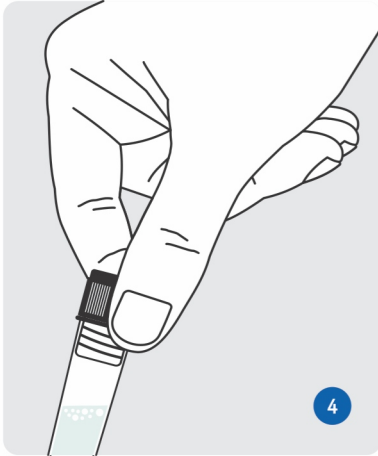


When you are ready to collect the sample, rinse your mouth with tap water. Wait 3 - 5 minutes before collecting the sample. During this time, try not to cough and do not try to clear your throat.

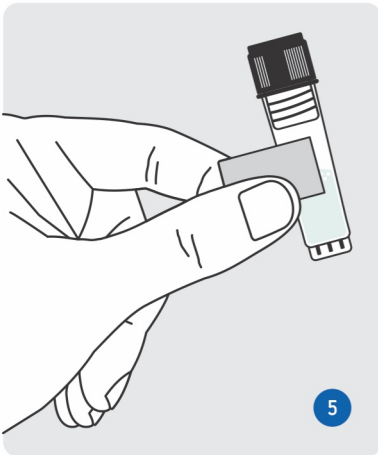


Let the saliva fill your mouth. Fill about **half the tube** with saliva, not counting the bubbles that form. Collection may take up to 20 - 30 minutes and depends on saliva flow.

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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 sample 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.



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