



DIAGNOSTIKI ATHINON

Clinical & Research Laboratory

Sampling Instructions
for Food Intolerance testing
with TrophoScan®

 eshop.athenslab.gr

Sampling Instructions for Food Intolerance testing with TrophoScan®

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 blood sample for all TrophoScan® testing options as well as various tests from other groups such as Diagnostic and Molecular Tests, DetoxScan®, NutriScan® and others.

Each Collection Kit contains

Sampling instructions

Requisition form

Dried blood collection card

Plastic bag marked "Biohazard"

2 automatic disposable blood collection lancets

(not suitable for children under 1 year)

2 gauze pads soaked with alcohol

2 adhesive bandages

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

It is better to take the blood sample in the morning (07:30 - 09:30) before breakfast.

If you have **never consumed** a particular food, do not eat it the days before the test.

To accurately assess intolerance to different kind of foods, it is necessary to have consumed suspicious foods. Usually two servings a week for two to three weeks before collection are sufficient to form antibodies.

You **must not** consume food to which you have previously had severe reactions (urticaria, rash, difficulty breathing).

If you are taking any medication that may affect antibody levels (immunosuppressants, cortisone, etc.), you should let us know in advance.

Do not stop your scheduled medication unless there is a specific medical prescription.

Collection tips

It is easier to take blood when:

- You are very well hydrated before you start.
- Wash your hands with lukewarm water for at least 1 minute.
- Rub your palms together just before taking the sample, to increase blood circulation.
- 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.

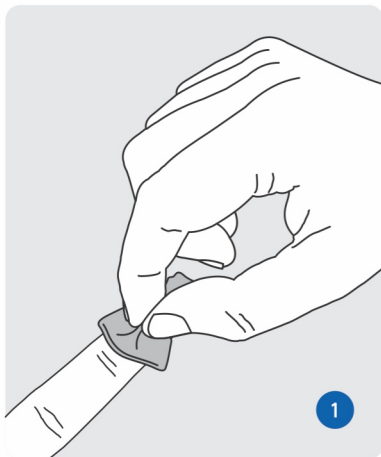
Do not forget to write down the required tests and sign it.
Please provide us the name, the phone number, and the e-mail of your doctor, therefore we can inform him / her about your results.

Marking the sample

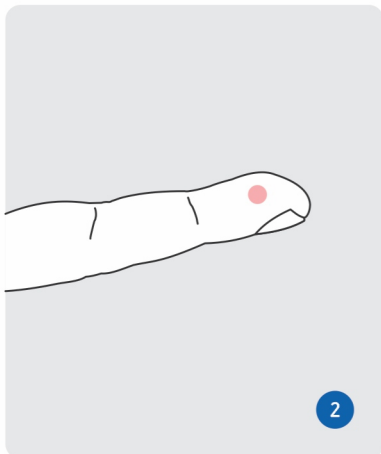
Using a blue or black pen, record your **Name** and **Surname** as well as the **Date of collection** on the label provided with the kit. Do not use a pencil or simple marker as they may fade.

5

Sampling Instructions

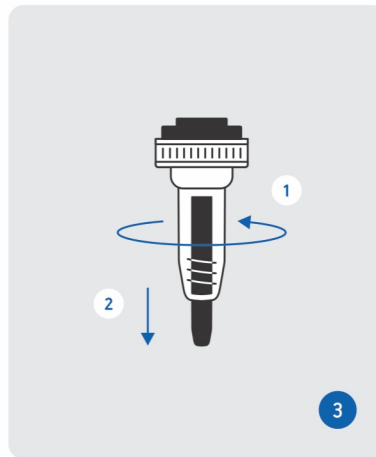


After wiping your finger with the alcohol-soaked gauze, wait a while for it to dry. Place your hand upright on a flat surface so that you can see your palm.

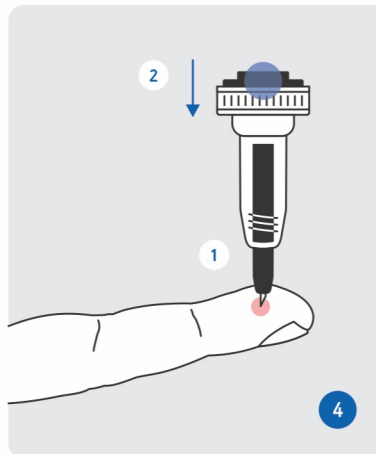


Select the finger to be pierced. The puncture site should preferably be in the lateral areas of the finger nipple and not in the center (it hurts less and has more blood flow).

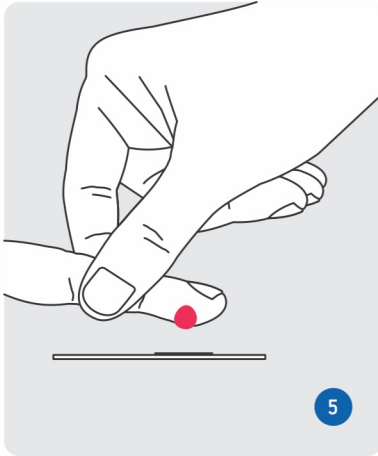
6



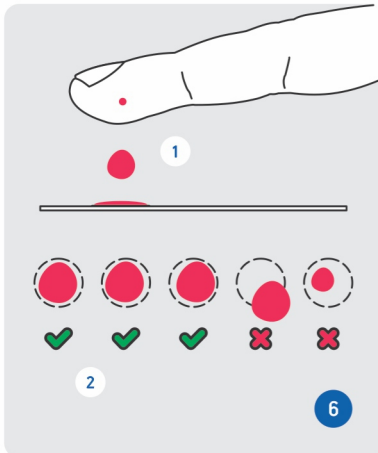
Turn the safety cover off the lancet and pull it out.



Place the lancet on the selected finger area (the lancet must be in direct contact with the skin) and press the button.



Holding the pierced finger over the collection card, apply gentle massaging movements (successive compression / relaxation) until a large drop of blood forms.



Allow the drop of blood to rest on the marked circle of the collection card. Do not touch the card with your finger. Repeat until the blood reaches the signs of the cycle (usually 1 - 2 drops are enough). Fill all circles. If you are unable to get sufficient blood from the first collection, use a different finger. **Allow the card to dry overnight.**

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 shipping from Monday through Thursday.

Once the card with the blood drops has dried overnight, place it in the plastic bag marked "Biohazard" and close it tightly, removing the protective cover of the adhesive tape.

Place the bag in the carton box and close it.

Insert the cardboard packaging box and get requisition form 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