

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- Urine collection tube (with code label)
- Sperm collection tube (with code label)
- Transfer pipettes with bulbs
- Plastic bag marked "Biohazard"
- 2 Protective mailing containers (white cap) with inserted absorbent material
- Ice Pack
- Return envelope

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Please pay attention to the following instructions. Deviations from these instructions may result in improper evaluation of the test results.

If unsure, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday, 8 a.m. to 7 p.m.

For 24 hours before collecting the sample, you must avoid any sexual activity.

If you are on antibiotics, you must complete your treatment and wait at least 7 days after the last dose before collecting the sample.

Do not discontinue your prescribed medication without consulting your doctor!

Wash your hands and the entire genital area thoroughly with water and soap (avoid disinfectant or antiseptic soaps) to reduce the risk of contamination.

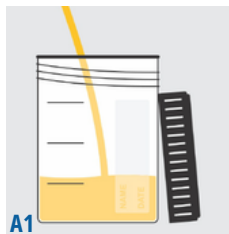
For the tests you have selected, the collection of two separate samples is required, one urine sample and one semen sample. Both samples must be collected in two separate, simple, sterile urine containers.

Attention! To collect the sample, you will need to purchase **two simple sterile urine collection containers** from the pharmacy. The containers are **not** included in the current kit.

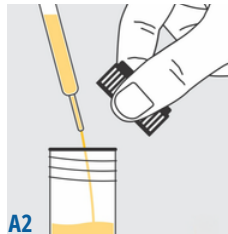


3. Sample collection

A. First morning urine collection



On the same day that the semen sample is collected, a sample of the first morning urine must also be taken. Urination **should begin inside** the 1st collection container that you bought. Fill the urine collector to about 1/3 of its volume, then finish urinating in the toilet.



Once the urine sample has been collected, use the first suction pipette to transfer a few milliliters of urine into the first collection tube (about half of its volume).

B. Sperm collection



Wash your hands and the entire genital area thoroughly with water and soap.

The sample should be collected through masturbation.

Although assistance from a partner is possible, avoid any contact with the mouth or vagina. Also, do not use creams or lubricants.



Do not use a condom.

Condoms contain chemical substances that may affect the accuracy of the test results.



Collect the entire amount of semen into the 2nd sterile container you bought, and immediately close the lid to minimize the risk of contamination.



Once the semen sample has been collected, wait approximately 10-15 minutes for the semen to liquefy. Then, using the second suction pipette, **transfer the entire amount** of semen into the second collection tube.

4. Sending the samples

Place the kit's **ice pack** in the freezer for at least 8-10 hours before shipping the sample.

Place the two protective shipping cases containing the collection tubes with the **samples** inside the plastic bag labeled "Biohazard", and seal it.

Then, place it inside the packaging box, along with the frozen ice pack and the **completed forms** (medical history form and requisition form).

Call your **local ACS Courier representative**, and send the sample to Diagnostiki Athinon at the recipient's expense.

If you are **outside Greece**, please **phone or email Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with the **local DHL / FedEx representative**.

The samples must arrive at Diagnostiki Athinon on working days. Schedule the sample collection between Sunday and Thursday, and ensure that the shipment to the laboratory takes place on the same day the collection is completed.

>> **Send the sample immediately after collection**

>> **Do not send the sample on Fridays or the eve of holidays**



📍 Mesogeion 6, Ampelokipoi 11527, Athens

☎ 210 7777654 / 210 7774569

@ info@athenslab.gr

🛒 eshop.athenslab.gr

📖 academy.athenslab.gr

🌐 athenslab.gr

DIAGNOSTIKI ATHINON IS CERTIFIED WITH ISO 9001:2015