

Urine Sample Collection Kit

Sampling Instructions

INST 036_01 ENG

Tests: Chlamydia, Molecular Detection

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 30 ml (with coded label)
- Transfer pipette with bulb
- Plastic bag marked "Biohazard"
- Protective mailing container (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 the laboratory not being able to isolate a sufficient amount of genetic material (DNA).

If you are unsure about something, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday 8:00 a.m. – 7:00 p.m.

>> Important information for women

Please do not sample during menstruation.

The day of sample collection:

- (1) Do not use any vaginal creams or suppositories, and
- (2) Do not wash the genital area.

Collect the first morning urine specimen after overnight sleep. Collect the initial portion of the urine stream (first-catch urine), i.e., the first 10–20 mL of urine. Do not discard the initial portion of the urine stream.

If you are currently receiving or have recently received antibiotic therapy, inform the laboratory or your treating physician before specimen collection, as antibiotic treatment may affect the result of the molecular test.

Do not discontinue your prescribed medication without consulting your doctor!

Attention! To collect the sample, you will need to **purchase one simple sterile urine collection cup from the pharmacy**. This cup is **not** included in the current kit.

3. Sample collection instructions

1. You should collect the initial portion of the first morning urine specimen. Urination should **begin inside the collection container**. Fill the urine collector to about 1/3 of its volume. Finish urinating in the toilet.
2. Remove the urine collection tube from the protective mailing container.
3. Use the suction pipette to transfer a few milliliters of urine from the urine cup into the urine **collection tube** (about half of its volume).
4. Screw the urine collection tube carefully and **gently invert it** 2-3 times.
5. After collection, the specimen should be delivered to the laboratory **as soon as possible**. Place the urine collection tube back into the protective mailing container with the absorbent pad and place it upright in the **refrigerator** until shipping.



Urine collection tube



Protective mailing container



Urine cup

4. Sending the samples

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

Please seal the protective mailing container containing the **sample collection tube** and place it inside the "Biohazard" plastic bag. Then, please put it in the packaging box, along with the ice pack, and the **completed forms** (medical history form and requisition form).

Place the box in the return envelope, 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**.

- >> **Send the sample immediately after collection**
- >> **Do not send the sample on Fridays or the eve of holidays**