

Tests: TrophoScan®

1. Is the sampling kit complete?

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

- Sampling instructions
- Medical history form
- Requisition form
- Dried blood collection card
- 2 automatic disposable blood collection lancets (not suitable for children under 1 year)
- 2 gauze pads soaked with alcohol
- 2 adhesive bandages
- Plastic bag marked "Biohazard"
- 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.

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 kinds of foods, it is necessary to have consumed suspicious foods. Usually, two servings a week, for 2-3 weeks prior to sample collection, are sufficient for the production of 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.

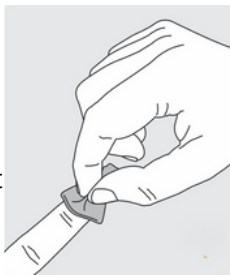
Collection tips

It is easier to take blood when:

- You are well hydrated before starting.
- You wash your hands with lukewarm water for at least one minute.
- You rub your palms together just before taking the sample to stimulate blood circulation.
- You prepare a clean surface and lay out all the collection kit contents before beginning.

3. Sample collection instructions

- 1** After using the alcohol-soaked gauze to wipe the finger that will be pierced, wait a moment for it to dry. Place your hand in an upright position on a flat surface so that you can see your palm.



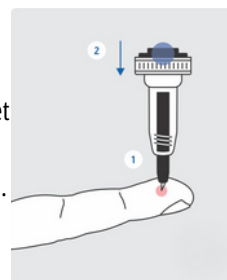
- 2** Select the finger to be pierced. The puncture site should preferably be on the lateral sides of the fingertip and not in the center (hurts less and has better blood flow).



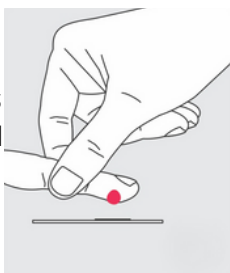
- 3** Turn the safety cover off the lancet and pull it out.



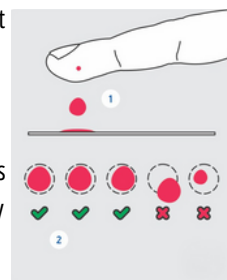
- 4** Place the lancet on the selected finger area (the lancet must be in direct contact with the skin) and press the button.



- 5** Hold the pierced finger over the collection card and apply gentle massaging movements (alternating compression and relaxation) until a large drop of blood forms.



- 6** 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 edges of the circle (usually 1–2 drops are enough). Fill all the circles.



4. Sending the samples

Leave the blood spot collection card to **dry overnight** at room temperature.

Once the card with the blood drops has dried overnight, place it in the plastic bag marked "Biohazard" and seal it tightly, removing the protective cover from the adhesive strip. Next, please place it in the packaging box, along with 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 **contact Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with your **local DHL / FedEx representative**.

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