

Instructions



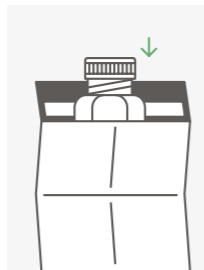
Step 5

Remove the matching adhesive label (see colour allocated for the time the sample was taken) from the activation card and affix it to the filled saliva collection tube – **NOT to the large transport tube.**



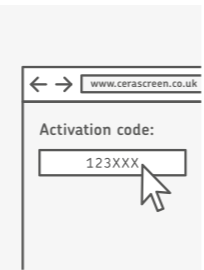
Step 7

Seal the transport tube well and store it in the fridge until transported.



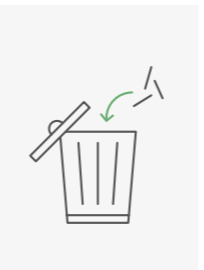
Step 9

Take the saliva sample-filled transport tube and place it into the return envelope. Retain the activation card – you will need this to activate your test. Close the envelope carefully and send it immediately by post.



Step 11

After logging in, click on 'Activate test'. Then enter the 6-digit test ID. This can be found on your activation card. Confirm by clicking 'Next'.



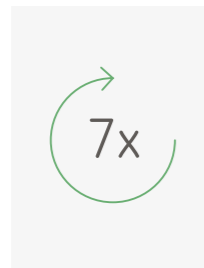
Step 13

Dispose of the remaining parts of the test in your household waste.



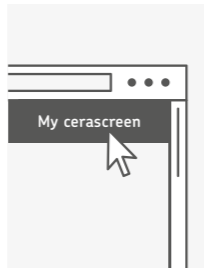
Step 6

Slide the filled saliva collection tube into the larger transport tube without removing the absorbent felt.



Step 8

Repeat the steps 1 to 7, to take a total of seven saliva samples. You can find information on the time the sample is taken under PREPARATION at the start of these instructions.



Step 10

To create your results report, you have to go to www.cerascreen.co.uk, log in under 'My cerascreen' and then activate your test. If you have not registered yet, create a user account in the 'My cerascreen' area.



Step 12

Fill out your personal patient questionnaire and submit it once it is complete. Once your samples have been analysed, you will be notified by email and can access your result via 'My cerascreen'.



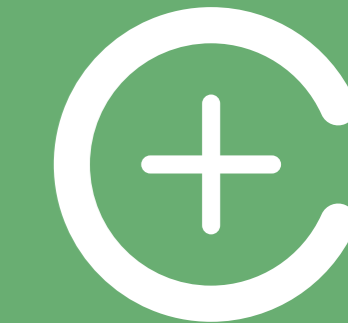
The cerascreen® Stress Hormone Test is a send-in sampling kit used for testing in the event of suspected excess cortisol. The test determines the concentration of the stress hormone cortisol in saliva. The process is pain-free and can be done easily from home. The sample is analysed in vitro in the specialised cerascreen® diagnostics laboratory.

Manufacturer:
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support@cerascreen.co.uk
www.cerascreen.co.uk



CRS3-Cortisol_EN_003
Valid from May 2018



Stress Hormone Test

INSTRUCTIONS

Your test kit contains:

Information about the test

Important Information

The sample should only be taken **between Sunday and Tuesday (latest)** and sent off on the same day. Please take any public holidays into account. If required, store the sample cool overnight in the fridge (not freezer!).

It is **only** possible to analyse your sample if you register online and activate your test ID! More details on this can be found from step 10 onwards.

Please note that the use of prescription drugs (e.g. hormone preparations) can affect the test result. More information is available in the FAQ section on our website.

IVD In vitro diagnostics

Read the instructions before taking the sample

For single use only

Store at a temperature between 2 °C and 30 °C

Contains 1 kit

Manufacturer

Expiration date

Conformité Européenne

LOT Batch number

REF Order number

General important information

- Test should only be performed by people aged over 18!
- Keep out of reach of children!
- Please read these instructions carefully before you begin. Abide by the listed steps.
- This is a saliva sample kit for single-use self-testing!
- Do not consume any alcohol in the evening before taking the sample.
- Where possible, go to bed before 11pm and get up no later than 8am on the day you are taking the sample.
- In regards to the previous version, no changes have been made to this manual as it pertains to the intended, correct and secure usage.

If you have any questions, please send us an email (support@cerascreen.co.uk) or visit our help page: www.cerascreen.co.uk/support.

Important information on performing the test

- Saliva samples must be taken before brushing teeth. Avoid mouth rinses and mouthwash.
- Do not take a sample if you suffer from acute illnesses or inflammation of the oral cavity or bleeding gums.
- Do not drink, eat or smoke 30 min. before taking the sample as this leads to falsification of the results. Do not chew gum.
- Always affix the adhesive label to the saliva tube first after successfully taking the sample.

Instructions

Preparation

Take a total of **seven** saliva samples:

- **Immediately after getting up**
- **30 min. after getting up**
- **1 hour after getting up**
- **2 hours after getting up**
- **5 hours after getting up**
- **8 hours after getting up**
- **12 hours after getting up**

Please note!

The following steps 1-7 must be performed for each of the seven samples taken. The sample is allocated to the time it was taken takes place using the colour system.

Adhesive label

The red adhesive labels are required for the first three samples. The green adhesive label is required for the fourth sample. The violet adhesive label is required for the fifth sample. The blue for the sixth and the yellow for the seventh sample.

The allocation of the colours to the time the sample was taken is also shown in the preparation.

Step 1

Open a saliva tube and take a straw in your hand.

Step 2

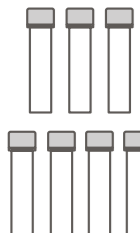
Rinse your mouth with clear water and wait until your flow of saliva has normalised again.

Step 3

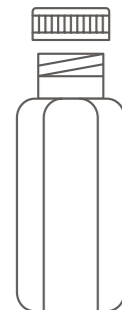
Fill the tube to the top with saliva with the aid of the straw (not including foam formation).

Step 4

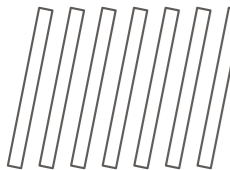
Seal the saliva tube by screwing on the lid.



7 saliva tubes



1 transport tube



7 straws



1 return envelope
1 activation card
with 7 adhesive labels

