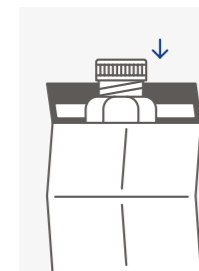


# Instructions



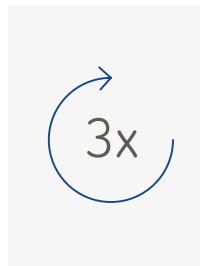
## Step 7

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



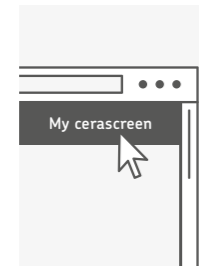
## Step 9

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.



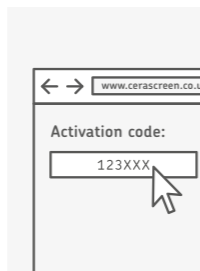
## Step 8

Repeat the steps 1 to 7, to take a total of three 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](http://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 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 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® Testosterone Test is a send-in sampling kit used to test for a suspected alteration in testosterone levels. The test is used to determine the concentration of the androgenic testosterone 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.

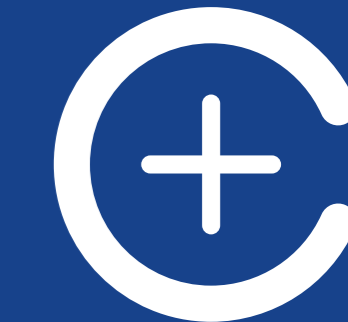
### Manufacturer:

cerascreen® GmbH  
Güterbahnhofstrasse 16  
19059 Schwerin  
Germany

support@cerascreen.co.uk  
[www.cerascreen.co.uk](http://www.cerascreen.co.uk)



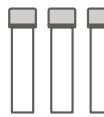
CRS3-Testosteron\_EN\_003  
Valid from March 2018



# Testosterone Test

INSTRUCTIONS

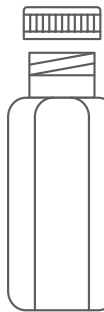
## Your test kit contains:



3 saliva tubes



3 straws



1 transport tube



1 return envelope  
1 activation card  
with 3 adhesive labels

## 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 into account any public holidays.

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.



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



Batch number



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](mailto:support@cerascreen.co.uk)) or visit our help page: [www.cerascreen.de/support](http://www.cerascreen.de/support).

### Important information on performing the test

- Please note: Hormone preparations can falsify the analysis result! Therefore, take the test at the earliest 24 hours after last taking the hormones. Cosmetics, such as skin creams, can also contain hormones and should thus be avoided for at least 24 hours.
- 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

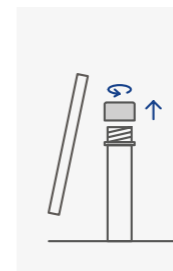


### Preparation

- Take a total of three saliva samples:
1. Immediately after waking up
  2. 30 minutes after waking up
  3. An hour after waking up

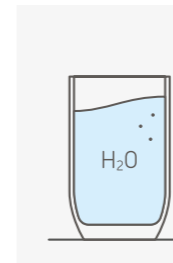
### Please note!

The following steps 1-7 must be performed for each of the three samples taken. An adhesive label is provided on the activation card for every sample. The adhesive labels can be used in any order.



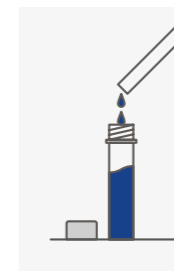
### Step 1

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.



### Step 5

Remove one of the adhesive labels from the activation card and affix it to the filled saliva collection tube – **NOT to the larger transport tube.**



### Step 6

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