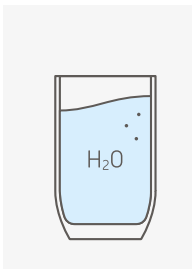
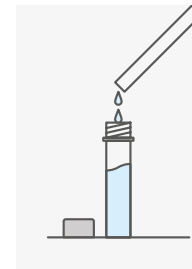


Directions for use



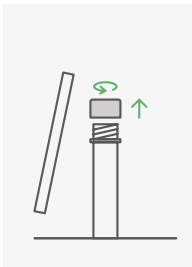
Step 5

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



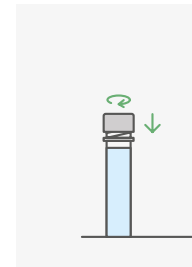
Step 7

Fill the tube completely with saliva (not including foam) using the straw.



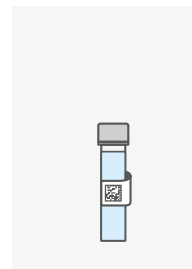
Step 6

Open the saliva tube and pick up the straw.



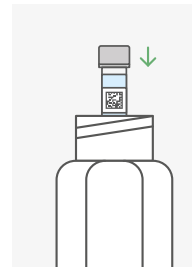
Step 8

Close the sample tube by screwing the lid shut. If necessary, clean the outside of the tube.



Step 9

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.**



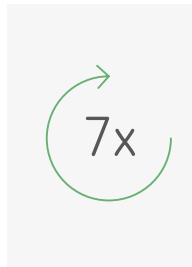
Step 10

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



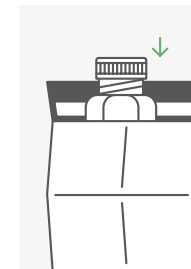
Step 11

Close the transport tube well and store it in the freezer until shipping.



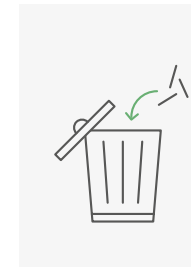
Step 12

Repeat the steps 5 to 11, to take a total of seven saliva samples. You can find information on the time the sample is taken under "Preliminary preparation" at the start of these instructions.



Step 13

Place the loaded tube in the return envelope. return envelope. Keep the test ID card – you will need it to activate your test. Seal the envelope carefully and send it immediately by post free of charge by post.



Step 14

Dispose of the used parts of the test kit in the transparent plastic bag in the household waste.



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:
cerascreen® GmbH
Gueterbahnhofstraße 16
19059 Schwerin
Germany

www.cerascreen.co.uk

SKU: 99090969

CRS3-Cortisol_UK_000

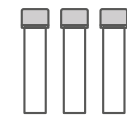
Valid from November 2021



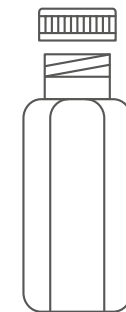
Stress Hormone Test

INSTRUCTIONS FOR USE

Your test kit contains



7 saliva tubes



1 transport tube with absorbent felt



7 straws



1 return envelope
1 activation card with 7 adhesive labels

Information and tips

IMPORTANT



The sample should only be taken **between Sunday and Tuesday (latest)** and should be stored overnight in the freezer. Send the sample the next day. Take into account any public holidays.

Please enter your test ID to activate the test before sending us your sample. Our laboratory needs this in order to identify your sample and send you the test result. You will find more detailed information in step 2 + 3.

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.

General Information

- Read the Instructions for Use carefully before you begin and follow the listed steps.
- The test kit should be stored between 2 °C and 30 °C.

Warnings

- Store this kit out of reach of children.
- The kit may only be used for adults aged 18 and older.
- This test is not suitable for use by children.
- This is a sample collection kit for single personal use only!

Test Execution Guidelines

- Do not consume alcohol the night before sample is taken.
- Before brushing your teeth, the samples should be collected. Please avoid the use of mouthrinses, mouthwashes, chewing gum or other substances refreshing your breath.
- Do not collect the sample if you are suffering from acute illness, have an infection in your mouth, or bleeding gums.
- Apply the square code sticker to the saliva tube only after

the sample has been successfully collected.

- If possible, go to bed before 11 p.m. and get up no later than 8 a.m. on the day of sampling.

If you have any questions, please visit our help website: help.cerascreen.com

| | | | |
|--|--|--|-----------------------|
| | In vitro diagnostics | | Manufacturer |
| | Read the instructions carefully before collecting the sample | | Expiration Date |
| | For single use only | | Conformité Européenne |
| | Store at a temperature between 2 °C and 30 °C | | Batch Number |
| | Contains 1 kit | | Item Number |
| | Pharmaceutical Registration Number | | |

Directions for use



Preliminary preparation

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

- **Immediately after waking up**
- **30 minutes after waking up**
- **One hour after waking 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 5–11 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.



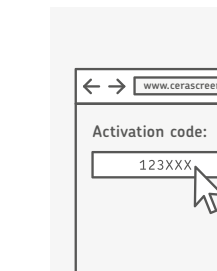
Step 1

Check that all conditions are fulfilled for sample taking. Please read the section "Information and tips" carefully.



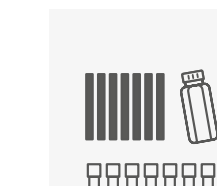
Step 2

If you are a new customer, please create an account at my.cerascreen.com or with the **my cerascreen®** app. See our FAQs on help.cerascreen.com for further instructions.



Step 3

To receive your result report, log in via the **my cerascreen®** app (Android, iOS) or on my.cerascreen.com. Insert your six-digit ID-number according to your test-ID card under 'activate test' and follow the instructions.



Step 4

Place all contents of the test kit on a clean surface and check that all components are included.