



SAMPLE COLLECTION KIT

INSTRUCTIONS FOR USE

Intended Use

This is a urine sample collection kit for MenoGuide, an innovative menopause test that will indicate where you are on your menopause journey and inform individualised treatment plans.

Materials Provided:

- 1 x Colli-Pee® urine collecting device
- 1 x Sealable sample return bag with absorbent pad
- 1 x Prepaid sample return box
- 1 x Label sheet with barcode label and security seal

Materials Not Provided:

Pen

General Information

Please collect only the very first part of the urine stream.
Please read all instructions thoroughly PRIOR to taking your sample.
Collect sample at any time of day.
Do not urinate 1 hour prior to collecting your sample.

Storage and Stability

The kit should be stored between 2°C – 30°C.

Warnings and Precautions

- Only take this test if you are over 38 years of age
- Do not take this test if you are currently taking antibiotics. Wait 7 days after completing the course before collecting your sample
- Wait 48 hours post menstruation before collecting your sample
- We advise refraining from sexual intercourse 24 hours prior to collecting your sample
- This test is only suitable for persons assigned female at birth
- Do not use the Colli-Pee® urine collecting device if the packaging is damaged. If packaging is damaged please contact us at info@menoguide.co.uk
- Read these instructions fully before taking your urine sample
- **There are additional instructions within the Colli-Pee® urine collecting device please read these before taking your urine sample**

Important – the sample MUST be posted prior to the last post time on the day you collect your sample to ensure that it arrives the next day to our labs.

Only post on Monday to Thursday to ensure the sample is received when the laboratory is open.

Sample must be received within 24 hours of being taken.

Please check the postbox you intend to use to **ensure you catch the last post**. For further information visit: <https://www.royalmail.com/services-near-you#/>













Collecting your sample

- Step 1: Collect your urine sample according to the Colli-Pee® urine collecting device instructions
- Step 2: Once your sample is collected ensure that the sample tube cap is screwed on tightly
- Step 3: Write the date and time you took the sample onto the bar-coded label located on the label sheet and stick this onto the sample tube. **This step is essential to ensure we can trace the sample to you**
- Step 4: Place the sample tube into the sealable sample return bag with absorbent pad. Ensure the absorbent pad remains in the return bag with the tube
- Step 5: Seal the bag
- Step 6: Place the sealed bag inside the return mailer box
- Step 7: Close the box and secure with the security seal (found on the label sheet)
- Step 8: Complete sender information on the return box
- Step 9: Post the box ensuring this is before the last collection time for that day.
If you miss the last collection time please contact us at info@menoguide.co.uk

Disposal

The Colli-pee® device can be rinsed and placed in plastic recycling waste streams. All other paper/cardboard components can be recycled.

SYMBOLS GLOSSARY

	In vitro diagnostic device		Manufacturer
	Consult instructions for use		Catalogue number
	Do not use if packaging is damaged		UKCA marking according to the Medical Devices Regulations 2002 (SI 2002 No 618, as amended)
	Do not reuse		Batch code / Lot number
	Temperature limit		Use by date
	Keep dry		Contains sufficient for X test(s)