

## OsteoTest | home

### How to take your osteoporosis early detection test.

**osteolabs**  
Early detection of osteoporosis  
osteolabs GmbH • Wischhofstr. 1-3,  
Gebäude 1 • 24148 Kiel • Germany

## Thank you for choosing osteolabs!

OsteoTest | home from osteolabs offers you the ultimate diagnostic precision for the early detection of osteoporosis and full confidence in the results. This global innovation has been developed in collaboration with the University Medical Centre Schleswig-Holstein and represents a breakthrough in osteoporosis research.

The test is as simple as it is accurate: all you have to do is take a urine sample and send it to our laboratory. The sample will be comprehensively examined and tested in accordance with the latest standards and you will receive your test results within 14 days, confirming whether or not you have osteoporosis. A detailed step-by-step guide to the test can be found on the back of this page.

For any questions about the test or for further information, please contact us on +49 431 – 990 730. Or email: [info@osteolabs.de](mailto:info@osteolabs.de)



Marion Meinen, Customer Service

OsteoTest | home

## Important information

Please read the instructions carefully before you start.

The OsteoTest | home is an in-vitro test for the early detection of osteoporosis and can also be used to accompany therapy. In the sample, the calcium-isotope composition is determined by mass spectrometry.

### Is your test package complete?

Please first check your test package for completeness. It should contain:

- 1 self-disclosure form
- 1 urine cup
- 1 protective vessel with yellow cap
- 1 green urine monovette (note: urine monovette is located in the yellow protective vessel)
- 1 mailing bag

If your test set is incomplete or you have difficulties with handling, please contact us immediately.

## Before sampling

To enable a meaningful result of the OsteoTest | home, a morning urine sample is required immediately after getting up in the morning:

**Important:** The urine sample (medium jet urine) must be taken in the morning after getting up and in a fasting state, i.e. without prior food intake (breakfast). Medium jet urine is a urine sample that is not taken at the beginning of urination but from the already running stream of urine.

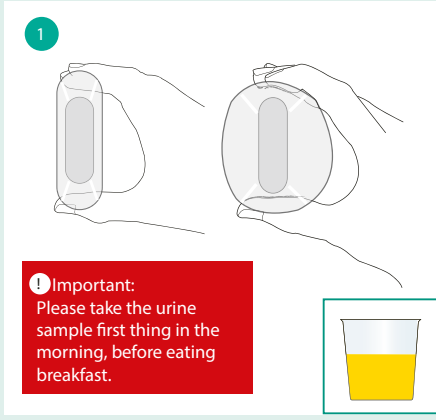
The sample should be sent from Monday to Thursday if possible, so that processing in the laboratory can be carried out at short notice.

Full instructions on how to take samples can be found of this page.

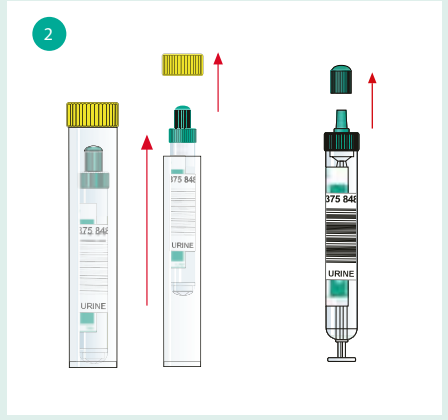
### Warnings

- Do not force open the urine monovette (container with green cap), it contains boric acid as a stabiliser (corrosive).
- In the very unlikely event that you come into contact with boric acid or a urine sample from a monovette, rinse the area of skin immediately under running water and soap for a few minutes.
- Do not use the test kit after the expiration date.

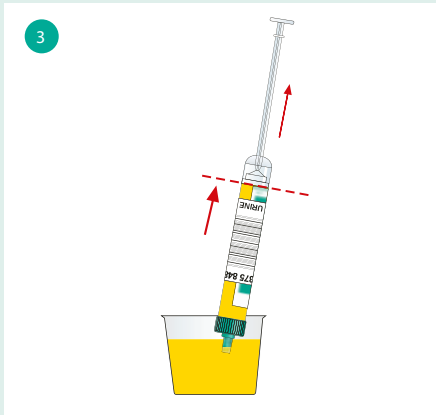
# Test instructions



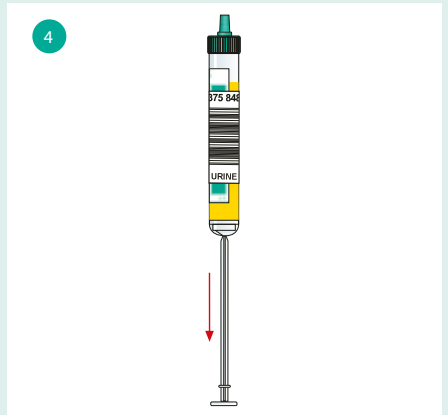
Use the cup provided to collect your urine sample. Press the cup with your fingers so the scope enhances.



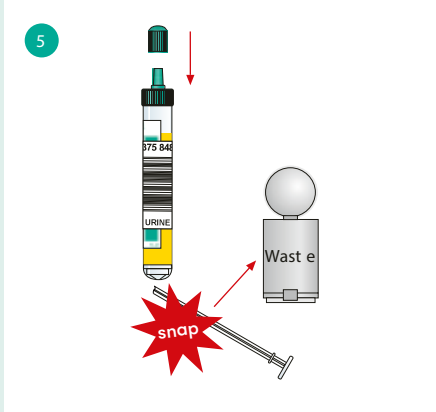
Remove the green vessel (urine monovette) from the yellow protective vessel. Remove the cap from the (monovette) syringe and set aside.



Immerse the suction tip in the container and pull the urine monovette plunger up to the level indicated.



Hold the monovette in an upright position and pull the plunger down to the bottom.



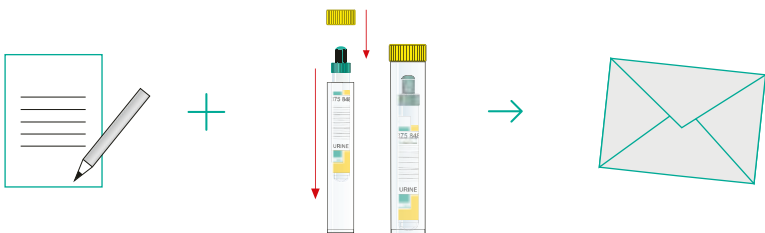
Snap off the urine monovette plunger and throw away. Put on the cap and close the monovette.



Mix the sample well (tilt it back and forth approx. 5x). Do not shake!

## Have you remembered everything?

- ✓ Self-disclosure
- ✓ Urine sample in protective vessel



Fill in your self-disclosure form for the lab and sign it.

Place the urine sample in the protective container and seal.

Use the envelope provided to send everything to the lab.

Send everything to the lab using the envelope provided.

Your sample will be comprehensively tested and analysed. It generally takes 14 days to receive your results.

# Self-disclosure form

Please complete in block capitals, sign, and return to us in the prepaid envelope, together with your urine sample.

bar code

Important: a complete, signed self-disclosure form is essential for an OsteoTest I home.

First name / Last name:

Street / Number:

Country:

Post code:

City:

Date of birth:  
(DD/MM/YYYY)

Sex:

- female  
 male

Height:

 cm

Weight:

 kg

Please do not enter an imaginary date of birth, as this will later be needed as password to download your test result.

Food intolerances:

Do you suffer from any chronic diseases?

- No  Yes, namely:

Number of broken bones  
... in the last 24 months

... in the last  
24 – 48 months

Do you take any permanent medication?

- No  Yes, namely:

Are you undergoing hormone treatment?

- No  Yes, namely:

Do you take dietary supplements on a permanent basis, in particular vitamin D or calcium supplements?

- No  Yes, namely:

Are you going through the menopause?

- No  Yes, since:

Do you regularly drink alcohol? No  Yes

Do you smoke? No  Yes

For any queries, you can contact me on:

Telephone number (mandatory)

E-mail (if existing)

I consent to osteolabs collecting and processing my (health) data for the fulfilment of the contract. The data may be used in anonymised form for research purposes. I can withdraw my consent at any time with future effect without giving a reason (email: [info@osteolabs.de](mailto:info@osteolabs.de)). I also have the right to information regarding my data, as well as the right to rectify, erase or restrict processing of the data. The data protection officer can be contacted at [datenschutz@osteolabs.de](mailto:datenschutz@osteolabs.de). Further information is available at: [www.osteolabs.de/datenschutz.html](http://www.osteolabs.de/datenschutz.html)

X

Place / Date

X

Signature

Please fill in the self-disclosure form in full.  
Then return the self-disclosure form along with your urine sample, using the envelope provided.

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