

# How to send samples to the laboratory – step by step



## Register the sample digitally

- Find the QR code on the sample bottle
- Scan the QR code with your mobile or enter the numbers on your PC
- Follow the on-screen instructions and complete the registration
- Userguide is included in the analysis kit
- **IMPORTANT:** If registration is not completed, we cannot track your sample



## Create free shipping via PostNord

- Once registration is complete, you will receive a link to PostNord
- Click the link and create a free Postnord QR shipment
- The QR code will be sent to your email



## Deliver the sample

- You can track the shipment via Track & Trace
- Bring the sample to a PostNord Parcel shop
- Show your PostNord QR code to the staff
- The staff will print and attach the label to the envelope/bag and the sample is now on it's way to the laboratory



## Please note!

- The PostNord solution only applies to Denmark and Sweden
- Other countries: use your own parcel delivery provider
- The brown envelopes will be phased out on January 1, 2026 – we will then use self-sealing plastic bags