

Instructions for the use of the marker capsule

Preparation

- To set up your phone to record the video, you will need a free table or desk.
- Make sure that there is sufficient lighting so that you and your actions are clearly visible in the video.
- When filming, your forearms must be bare (roll up your sleeves if necessary).
- Provide a transparent glass of water. Then open the marker box and place the marker dish and the chewing candy (already unpacked) on the table in front of you.
- Remove any other objects that may obstruct or obscure your actions from the recording area.
- Launch the app and follow the instructions on the display until the rear camera of your phone is activated and you are supposed to scan the first QR-Code.
- Remember, that also the empty marker dish needs to be sent back together with the urine sample.

Nr.	Instructions for use
1	<p>Scan the QR-Code of the outer packaging</p> <p>Scan the QR code of the outer packaging (yellow box) by showing the code to the rear camera until you see a green check mark on the display for confirmation. You can now put the outer packaging aside, it is no longer needed.</p>
2	<p>Scan the QR-Code of the marker dish</p> <p>Scan the QR code of the marker dish by showing the code to the rear camera until you see a green check mark on the display for confirmation.</p>
3	<p>Align camera and seating position</p> <p>Place the phone upright in the holder provided with the display to your seating position. Use the live image on the display to align your phone and seating position. The camera should capture the free table top, your forearms and hands, as well as your upper body and face. The marker dish, the transparent glass of water and the unwrapped chewing candy must also be clearly visible in the video.</p>
4	<p>Start the video recording</p> <p>Press "Start recording" on the display. You will now see a timer at the bottom of the screen, counting down the remaining recording seconds. You have 120 seconds to complete intake of the marker capsule.</p>
5	<p>Remove capsule</p> <p>Show the marker dish to the camera, QR code to the front, and pull the attached flap up and off. Open the dish and place one hand on it. Now turn your hand over, so that the capsule within drops out of the dish and onto your palm. Put the marker dish aside and show the capsule now on your palm to the camera.</p>
6	<p>Place the capsule on your tongue</p> <p>Take the capsule between forefinger and thumb and show it to the camera. Stick your tongue out and then place the capsule lengthwise onto your tongue. Briefly show the capsule on your tongue to the camera and then take your tongue back into your mouth.</p>
7	<p>Taking the capsule</p> <p>Take a sip of water from the glass and swallow the capsule. Put the transparent glass of water back on the table in the field of vision of the camera. After swallowing the capsule, open your mouth wide open and stick out your tongue.</p>
8	<p>Chew the sweet</p> <p>Now put the chewy sweet in your mouth. Chew the sweet for at least 30 seconds. After each chew, open your mouth as wide as possible until the sweet has been chewed enough to be swallowed. Open your mouth wide and stick out your tongue.</p>

9	End recording To stop recording, press the Stop button symbol on the lower left corner on the mobile phone. Otherwise, recording stops automatically at the end of the 120 second time frame.
	Note: The marker capsule dissolves in the mouth if not swallowed and will make your mouth and tongue turn blue.