



DOMESTIC CLIENTS

SAMPLE COLLECTION,
STORAGE AND SHIPPING OF
REFRIGERATED SAMPLES

Refrigerated Shipment Requirements	
Shipment Condition/ Timing	Cold Pack / Overnight
Sample Type	Plasma
Minimum Volume	0.5ml
Sample Stability at 4°C	96 hours
Reporting Turn- Around Time	7 days
Materials Needed	
Collection Vial	EDTA (K2) / Lavender Top Vacutainer tube
Transport Vial	Nalgene Cryoware Cryogenic (Thermo Scientific Catalog #: 5000 0050)
Shipment Materials	<ul style="list-style-type: none"> Absorbent pad Resealable Biohazard specimen bag Styrofoam cooler Cardboard outer shipping box UN3373 Biological sample label Cold packs Patient Sample Manifest Shipment manifest envelope
It is important that the cold packs are frozen at least overnight before using.	

Patient Preparation

Please read all instructions carefully before collecting the specimen.

A. Plasma Collection:

Patients must have fasted 8-10 hours prior to sample collection. Test results will not be accurate if the subject has eaten within 8 hours. Samples from non-fasted subjects may be rejected.

1. Draw blood into the lavender top tube and gently invert 8-10 times to ensure mixing of anticoagulant (EDTA) with blood to prevent clotting.
2. Centrifuge the EDTA tubes at 800-1800g for about 10 minutes to separate out the plasma.

Note: Plasma must be separated from the whole blood within 1 hour in order to obtain accurate test results.

B. Plasma Transfer:

Whole blood samples and plasma samples with visible blood will be rejected.

1. Using a disposable pipette, transfer as much of the plasma as possible (minimum of 0.5ml) into the screw top cryogenic vial provided by Metabolon and cap the vial tightly. The plasma should be free of hemolysis or red blood cells.
2. Place the plasma into the refrigerator (2-8°C) until ready for shipment. Ship plasma samples for overnight delivery.
3. Samples should not be stored in the refrigerator for more than 24 hours. If it is necessary to store the sample for greater than 24 hours prior to shipping, place the sample in a freezer. Samples are stable in a freezer for five (5) months.

Note: It is important to chill the samples in the refrigerator for about an hour prior to shipment in order to ensure the samples will stay cold during shipment.

C. Patient Sample Manifest

Record 2 patient identifiers (e.g., patient name, date of birth, sample ID, etc.) onto the cryogenic vial from the Patient Sample Manifest.

For each sample, provide the following information on the Specimen Requisition Form

- Client ID #
- Ordering Physician Name
- Physician Address
- Physician Email
- Name of test(s) requested
- Patient Sample Identifier #
- Patient name (Last name, First Name)
- Patient date of birth
- Patient Sex
- Collection date and time
- Sample Type
- Fasted Status

Shipping and Packing Instructions

1. Ship samples Monday thru Thursday via overnight delivery service. Please contact Metabolon for holiday schedule.
 2. Place labeled cryogenic vial(s) and absorbent pad into a Biohazard specimen bag.
 3. Place one frozen large polar pack in the bottom center of the Styrofoam cooler. Place 3 frozen smaller polar packs vertically around sides of cooler. Place one large polar pack on top of Biohazard specimen bag. Fill remaining void with packing material (i.e. bubble pack, paper towels).
 4. Place the lid on the Styrofoam cooler and seal.
 5. Place cooler inside Cardboard shipping box.
 6. Place the patient sample manifest into document envelope. Place envelop outside the cooler but inside the cardboard box.
 7. Close and seal the Cardboard outer shipping box.
 8. Affix the UN 3373 Biological Substance Category B label on one side of the Cardboard box.
 9. Affix shipping label to the Cardboard outer shipping box.
- Ship to address:**

**Attn: Clinical Diagnostic Laboratory
617 Davis Drive, Suite 400
Morrisville, NC 27560**

10. Upon scheduling shipment, send email to CSM@metabolon.com noting client name, ship date, carrier name and tracking number, number of samples shipped.
11. If there are shipping issues or questions, please contact:

Christine Bailey, Commercial Operations Manager
Email: cbailey@metabolon.com
Phone: (919) 595-2770

References

Cobb J et al. A novel fasting blood test for insulin resistance and prediabetes, J Diabetes Science and Technology, 2013

Quantose® IR and Quantose® IGT are registered trademarks of Metabolon. All rights reserved.