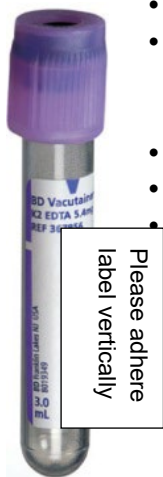


Sample preparation

The success of any study or experiment depends on proper sample preparation. Data quality is extremely dependent on sample quality. Individual protocols differ depending on sample type, experimental goals, and analytical method. Users are strongly encouraged to consult with core staff regarding proper sample preparation before starting a new study or planning an experiment. Blood samples must be analyzed within 48 hours of blood draw and should thus be shipped to the RBClab at UCSF on the same day of collection.



- **Procedure for Blood Specimen Collection:**
- Use standard venipuncture techniques for blood collection. If blood is to be drawn from a heparin-lock (i.e., a central venous catheter), flush the lock and discard the first 1 ml to ensure that the heparin solution does not dilute the sample.
- 1. Collect 3 ml of intravenous blood into the labeled blood tube
- 2. Gently invert the blood collection tube 180 degrees and back, 8-10 times.
- **DO NOT CENTRIFUGE.**
- 3. Place the blood tube as soon as possible into a 2°C to 8°C refrigerator until shipment. Whole blood samples should be refrigerated as soon as possible after collection and should be kept cold (2°C to 8°C), but not exposed directly to ice, during both storage and transport.
- Label with sample ID# and date of collection

Sample Shipment

Whole Blood tubes must be maintained cold during shipment. The following items are necessary for shipment of these samples to UCSF: absorbent material, bubble wrap, biohazard specimen transport bags, gel packs, insulated shipping containers, and cardboard dividers.

PACKAGING SPECIMENS INTO THE REFRIGERATED SHIPPER

1. Place the specimens into individual sleeves of absorbent wrap (or similar).
2. Roll the tubes in the absorbent material and bubble wrap, place into the biohazard bag and seal.
3. Place the bag on one side of the cardboard divider.
4. Retrieve a frozen gel pack and place on the opposite side of the cardboard divider such that the gel pack is not in direct contact with the specimens.
5. Replace the foam lid of the shipper.
6. Fill in the shipping notification form and place on top of the foam shipper
7. Seal the flaps of the cardboard box.
8. Ensure the air bill is attached to the top of the shipper.
9. Weigh the box containing the samples and record the weight on the air bill



Only ship refrigerated Whole Blood specimens Monday to Thursday, to arrive the next day at the UCSF RBCLab. Samples should arrive no later than Friday. No Shipments on Friday, and No weekend delivery.

Schedule a shipment through FedEx (please select Priority Overnight) and ensure that the package is picked up.

1-800-463-3339 or fedex.com

E-mail the notification of sample shipment (link to pdf) along with the Sample Record to the RBCLab at UCSF, Attn: Sandra Larkin / Frans Kuypers (specify the tracking number provided by FedEx). Retain the emailed notification for your files.

E-mail: franciscus.kuypers@ucsf.edu
 Phone: 510-450-7620

Sandra Larkin
sandra.larkin@ucsf.edu
 510-450-7622

SHIPMENT ADDRESS

UCSF RBC Lab
 5700 MLK Jr. Way, Room 1114
 Oakland, CA 94609