

## ***Blood Collection & Shipping Instructions:***

### **Collection:**

- Keep Tempus Collection Tubes at 4°C until ready to use
- Draw blood sample directly into the blue Tempus Collection Tube - remaining tube volume is approximately 3ml
- Shake vigorously or vortex for 10 seconds
- Ensure specimen is labeled with patient name, date of birth and collection date. Each specimen must be labeled with at least two (2) patient identifiers
- Place collection tube into a biohazard bag, then into foam insert and include the completed test request form for RNA Sequencing in the MNG test kit

### **Shipping:**

- Ship the sample back to MNG as soon as possible with the included prepaid FedEx label and Clinical Pack
- Sample stability is up to 5 days at room temperature or one week at 4°C, we suggest to ship the sample on the same day it is collected. Avoid sample collection or shipping on a Friday if possible to prevent any potential shipping delays.
- International shipments require a Commercial Invoice for customs. Please include three (3) copies.

## ***Cultured Fibroblast Collection & Shipping Instructions:***

### ***Cultured Cells***

#### **Collection:**

- Two T-25 flasks of fibroblast cultures are required for adequate RNA extraction.
- Ensure each flask is labeled with patient name, date of birth and collection date. Each specimen must be labeled with at least two (2) patient identifiers.
- Flasks should be completely filled with media and cells should be ~90% confluent.

#### **Shipping:**

- Flasks should be shipped overnight in an insulated container at room temperature.
- Avoid sample collection or shipping on a Friday if possible to prevent any potential shipping delays.
  - International shipments require a Commercial Invoice for customs. Please include three (3) copies.

### ***Cell Pellet***

#### **Collection:**

- Minimum Quantity -  $1 \times 10^6$  cells, Preferred Quantity -  $5 \times 10^6$  cells for adequate RNA extraction.
- Cells should be harvested, spun down, and supernatant removed. Cells should be snap frozen in liquid nitrogen or dry ice and stored at or below -80°C until ready for shipping.
- Ensure each specimen is labeled with patient name, date of birth and collection date. Each specimen must be labeled with at least two (2) patient identifiers.

#### **Shipping:**

- Samples should be shipped frozen in an insulated container with 3-5 lbs dry ice. Overnight shipping is required.
- Avoid sample collection or shipping on a Friday if possible to prevent any potential shipping delays.
- International shipments require a Commercial Invoice for customs. Please include three (3) copies.

## ***Skeletal Muscle Collection & Shipping Instructions:***

### **Collection:**

- Biopsy section of 50-75 milligrams or fresh skeletal muscle snap frozen in liquid nitrogen is required for adequate RNA extraction. Specimens should be stored at -80°C until ready to ship.
- Sample should not have been previously stored or accessed from preservatives such as formalin or a tissue block.
- Ensure each specimen is labeled with patient name, date of birth and collection date. Each specimen must be labeled with at least two (2) patient identifiers.

### **Shipping:**

- Muscle samples should be shipped frozen in an insulated container with 3-5 lbs dry ice. Overnight shipping is required.
- Avoid sample collection or shipping on a Friday if possible to prevent any potential shipping delays.
- International shipments require a Commercial Invoice for customs. Please include three (3) copies.

**Please call MNG Labs with any questions regarding sample preparation or shipping questions at 678-225-0222**