

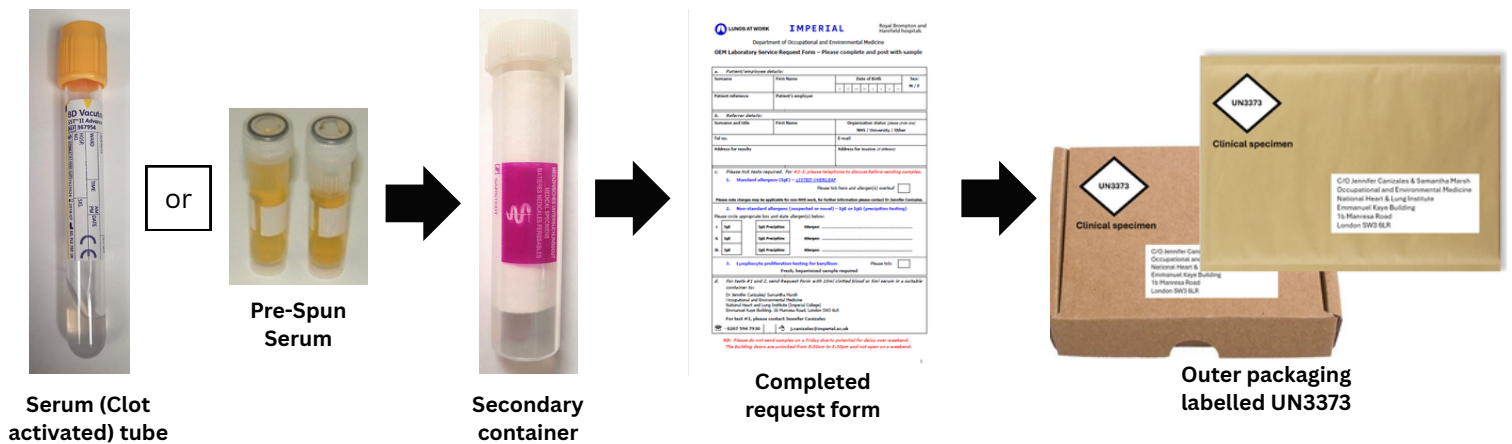
## Blood/Serum postage & packaging

### Sample tube instructions

- Collect blood samples in serum “clot activator” or serum separating tubes (SST), such as the BD Vacutainer™ SST™ II Advance Tube.
- Send whole blood at room temperature (do not freeze).
- Alternatively, samples can be sent as pre-spun separated serum (spun for 10min at 2,500rpm).
- Label samples with relevant information (patient/individual identifier’s, date, time, etc.)

### Packaging

- Place sample tubes in a secondary plastic container and then in standard outer packaging (padded envelope or cardboard transport box).
- Label outer packaging with code UN3373 and the words “diagnostic specimen” or “clinical specimen”.
- Include a request form with the patient details and required tests with the sample.



### Posting

- To ensure sample integrity, samples should arrive at our lab within 1-3 days of collection.
- We advise that samples do not spend long in transit (max 3 days) and are sent by 1st class, Same-day, or Next-day delivery.

### Address samples to:

Jennifer Canizales/ Samantha Marsh  
Occupational and Environmental Medicine  
National Heart & Lung Institute  
Guy Scadding Building  
Cale Street (Dovehouse Street)  
London  
SW3 6LY

### Final check

Before sending the sample check you have:

- Filled out the paperwork.
  - Labelled sample bottle with the relevant information
    - Ensured information on sample bottle and paperwork match.
  - Ensured sample will arrive to our lab within 2-3 days.
- (These are common mistakes that delay or prevent the sample being tested!)

**Avoid posting samples over a bank holiday weekend and on Fridays**