



COLLECTION, PROCESSING, AND SHIPPING INSTRUCTIONS FOR COENZYME Q₁₀ TESTING FOR OUTSIDE CLIENTS

SPECIMEN COLLECTION:

- Specimens must be collected Monday through Thursday only (overnight shipping not acceptable for Friday).
- Three mL venous blood (minimum 2 mL) should be drawn in a heparinized (Na⁺ or Li⁺) vacutainer tube.

PROCESSING:

- The specimen must be centrifuged for 10 minutes, poured off, and frozen. Freeze 1 mL plasma (minimum) immediately in a screw cap polypropylene tube at -20° C. Send on dry ice within 7 days when stored at -20° C. May be stored at -70° C for 1 month.
Note: If unable to spin immediately the **unopened** tube can be refrigerated for 3 hours, spun, poured off, and frozen.

TISSUE COLLECTION AND PROCESSING:

- Minimum tissue size: 100 mg.
- Wash blood from tissue.
- Place tissue in a screw-cap cryotube.
- Snap freeze in liquid nitrogen within 10 minutes of collection.
- Store specimen immediately at -70°C or below
- May be stored at -70° C for 1 month.

SHIPPING INSTRUCTIONS:

In a polyfoam mailer, pack 1 mL frozen plasma or tissue, and sufficient dry ice to maintain frozen state for 24 hours.

- Please complete and include the completed Ancillary Order Form which can be found online at <http://www.cincinnatichildrens.org/assets/0/78/1067/1395/1669/c21ad497-002b-4185-88db-20447cae1130.pdf>. (To arrange client billing, please call (513) 803-8011.
- Specimen must be shipped Monday through Thursday only, for overnight delivery. Indicate "Process Immediately" on shipping container.

SHIPPING ADDRESS:

Cincinnati Children's Hospital Medical Center
Clinical Laboratory Processing
Bldg. B, 4th Floor
3333 Burnet Ave.
Cincinnati, OH 45229
Telephone: (513) 636-7355 or (800) 653-5516
Fax: (513) 803-0515