



## **COLLECTION, PROCESSING, AND SHIPPING INSTRUCTIONS FOR COENZYME Q<sub>10</sub> 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<sup>+</sup> or Li<sup>+</sup>) 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 <https://www.cincinnatichildrens.org/service/c/clinical-labs/health-professionals/forms> (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, 4<sup>th</sup> Floor  
3333 Burnet Ave.  
Cincinnati, OH 45229  
Telephone: (513) 636-7355 or (800) 653-5516  
Fax: (513) 803-0515