

Sampling instructions BLOOD

Category	Ideal parameters	further possibilities and comments
Matrix	Serum	EDTA plasma, citrate plasma, heparin plasma
Collection tube	standard CE marked e.g. sarstedt serum monovette	Avoid BD tubes (interfering signals)
Clotting time/temperature	30-60 min at room temperature >8h at 4-8°C	"Upright" tube
Centrifugation steps	1x	avoid or note down further centrifugation steps
Centrifugation time	10 minutes	SOP of the clin. Laboratory - please communicate
Centrifugation temperature	8°C	room temperature possible; SOP of the clin. Laboratory - please communicate
Centrifugation strength	1,800 xg	SOP of the clin. Lab - please share How many g? With or without deceleration?
Volume aliquot	>500 µl	450 µl - 2 ml
Aliquot vessel	2 mL cryo vials	other tube formats, eppendorf tubes, deepwell plates possible
Delay between centrifugation and freezing or analysis	< 8 h at 4°C - 8°C	avoid or note longer times and higher temperatures
Intermediate storage Temperatures	- 80°C	at least -20°C no additional freeze-thaw-cycles
Intermediate storage Time	< 2 weeks	at least -20°C up to 24 hours, avoid or note longer times
Identification of the sample	Cryo labels with barcode	Use manually labeled (ID No.) cryo-labels. Labels should allow a clear view of the contents
Means of transport	Dry ice or special cooler	Cool packs at a minimum of -20°C (24h transport)
Logistics	lifespin logistics	other options, standard logistician, ... after consultation

Sampling instructions CSF

Category	Ideal parameters	further possibilities and comments
Matrix	CSF	liquor, nerve fluid
Collection tube	Polypropylene tubes, avoid blood spotting	SOP of the clin. Laboratory - please communicate
Time until processing	< 1 h	Avoid or note longer times
Temperature until processing	Room temperature/4-8°C	RT for microbiological tests. Refrigerator temperature (4-8°C) for immunological tests.
Centrifugation steps	1x	Centrifuge if possible
Centrifugation time	10 minutes	SOP of the clin. Laboratory - please communicate
Centrifugation temperature	4°C	SOP of the clin. Laboratory - please communicate
Centrifugation strength	400 x g	SOP of the clin. Laboratory - please communicate
Volume aliquot	500 µl	Minimum 350 µl necessary
Aliquot vessel	2 mL Eppendorf Tubes	other tube formats, deepwell plates possible
Delay between centrifugation and freezing	< 1 hour at 4-8°C	avoid or note longer times and higher temperatures
Intermediate storage Temperatures	- 80°C	at least -20°C, longer storage times in the N2 tank
Intermediate storage Time	Days to weeks	at least -20°C for up to 24 hours, avoid longer storage times or make a note of it
Identification of the sample	Cryo labels with barcode	Use manually labeled (ID No.) cryo-labels. Labels should allow a clear view of the contents
Means of transport	Dry ice or special cooler	Cool packs at a minimum of -20°C during a 24-hour transport.
Logistics	lifespın logistics	other options, standard logistician, ... after consultation

Sampling instructions URINE

Category	Ideal parameters	further possibilities and comments
Matrix	Urine - Midstream	Morning urine
Collection tube	Sarstedt urine screw cup, 100 ml, (ØxH): 57 x 76 mm, PP, with safety label, transparent	other suppliers possible, V-monovette urine, BD Vacutainer urine collection and transfer unit
Time until processing or intermediate storage	< 2 h	Avoid or note down longer standstill times - max. 6 h
Temperature until processing	Refrigerator temperature	Avoid or note higher temperatures
Volume aliquot	>600 µl	450 µl - 80 ml
Aliquot vessel	2 mL Eppendorf Tubes (screw cap)	depending on the sample volume other tube formats (Falcon 15ml/50ml with screw cap),
Intermediate storage Temperatures	- 80°C	at least -20°C
Intermediate storage Time	Days to weeks	at least -20°C for up to 24 hours, avoid longer storage times or make a note of it
Identification of the sample	Cryo labels with barcode	Use manually labeled (ID No.) cryo-labels. Labels should allow a clear view of the contents
Means of transport	Dry ice or special cooler	Cool packs at a minimum of -20°C (24h transport)
Logistics	lifespın logistics	other options, standard logistician, ... after consultation

Sampling instructions SALIVA

Category	Ideal parameters	further possibilities and comments
Matrix	Saliva	Do not eat/drink 30 minutes before
Collection tube	Sarstedt Salivette® for saliva collection	other suppliers possible
Time until processing	< 1 h	Avoid longer downtimes or make a note of them
Temperature until processing	Refrigerator temperature (4-8°C)	Avoid or note higher temperatures
Centrifugation steps	1x	Centrifuge if possible, not absolutely necessary
Centrifugation time	2 minutes	SOP of the clin. Laboratory - please communicate
Centrifugation temperature	8°C	SOP of the clin. Laboratory - please communicate
Centrifugation strength	1,000xg	SOP of the clin. Laboratory - please communicate
Volume aliquot	>600 µl	500 µl - 1ml
Aliquot vessel	2 mL Eppendorf Tubes (screw cap)	other tube formats, deepwell plates possible.
Delay between centrifugation and freezing	< 1 h, refrigerator temperature	avoid or note longer times and higher temperatures
Intermediate storage Time	Days to weeks	at least -20°C for up to 24 hours, avoid longer storage times or make a note of it
Identification of the sample	Cryo labels with barcode	Use manually labeled (ID No.) cryo-labels. Labels should allow a clear view of the contents
Means of transport	Dry ice or special cooler	Cool packs at a minimum of -20°C (24h transport)
Logistics	lifespın logistics	other options, standard logistician, ... after consultation