

DISPATCH INSTRUCTIONS - sending fresh samples

***** Note: We are not able to accept samples designated, or suspected, as being "High Risk" (i.e. from patients with HIV, hepatitis, CJD etc)***

General Information & Contact details

All specimens must be sent **by prior arrangement** by contacting:

Alexandra Mihaela, (Administrator), Email: mihaela.regula@gosh.nhs.uk

General Enquires Group Mailbox: gos-tr.dnc.musclepathology@nhs.net

Dr Francesco Catapano, Email: francesco.catapano@gosh.nhs.uk

Dr Juliane Mueller, Email: juliane.mueller@gosh.nhs.uk

Tel: 02034484235

Or

Dr. Rahul Phadke, Consultant neuropathologist, Email: rahul.phadke@nhs.net

Tel: 02034484393

All samples should be addressed to:

**Dubowitz Neuromuscular Centre
1st Floor, Department of Neuropathology
Institute of Neurology
Queen Square House
Queen Square
London
WC1N 3BG**

Tel: 020 34484235

Write the telephone number 020 3448 4235 on top of the parcel

For **HSS** referral, please enclose a completed HSS Referral Form, any relevant clinical letters and previous biopsy report.

The Laboratory opening hours are Monday to Friday, **9 AM- 5:00 PM**

Please do not send samples for arrival on a Saturday or Sunday.

Samples/containers must be clearly labelled with the patient's name, date of birth and one other identifier (e.g. hospital number, NHS number, laboratory specimen number)

The following types of samples can be sent to us at room temperature: fresh muscle biopsy, fresh skin biopsy, fresh chorionic villi sample (CVS), skin fibroblast cultures. The stained histological and immunohistochemical slides can be sent for review.

Fresh muscle biopsies must arrive in our lab **within one hour after being taken**. If this is not possible see instructions for how to freeze muscle biopsy and sending frozen sample. Skin and CVS can withstand room temperatures for a few hours after being taken.

Muscle biopsy:

Collect biopsy, proximately 5-10 mm in diameter, in sterile gauze dampened with a few drops of sterile saline and place inside a sterile screw cap 20-30 ml container labelled with patient details. For respiratory chain enzymes analysis (RCEA), studies are performed in the Neurometabolic Unit and require a piece of approximately 10 mm long x 10 mm wide (50-100mg), preferably frozen within 15 -30 minutes of being taken.

If you require the muscle sample to have respiratory chain enzyme studies, please contact the Neurometabolic Unit, 6th Floor, Institute of Neurology, Queen Square House, WC1N 3BG on 020 3448 3818

Place the sterile container with sample inside a sealed leak-proof transparent plastic bag and place the bag inside an appropriate outer container with cushioning (e.g. padded envelope) labelled with UN3373.

Please clearly specify site of muscle taken, date and time of biopsy on the paperwork. This information is important for interpretation of results.

Skin biopsy:

In an aseptic manner obtain a piece of skin deep enough to include the dermal layer. Deposit the biopsy in a sterile leak-proof container (e.g. small universal with screw cap labelled with patient details) containing approximately 4 ml of sterile standard culture medium (e.g. Dulbecco's modified Eagle's medium without either antibiotics or serum). Place the sterile container inside a leak-proof sealed transparent plastic bag with absorbent material (e.g. cotton wool or absorbent paper). Either bring as soon as possible to the lab or send at room temperature by special overnight postal delivery or courier. If sending, place the bag inside an appropriate outer container with cushioning (e.g. padded envelope or small box with bubble wrap) labelled with UN3373.

Chorionic villi sample (CVS):

Immerse the C.V.S. cleaned of maternal blood (10-15 branches) in approximately 4 ml of sterile standard culture medium (as above) inside a leak-proof small universal with screw cap labelled with patient details. Place the sterile container inside a leak-proof sealed transparent plastic bag with absorbent material (e.g. cotton wool or absorbent paper). Either bring as soon as possible to the lab or send at room temperature by special overnight postal delivery or courier. If sending, place the bag inside an appropriate outer

container with cushioning (e.g. padded envelope or small box with bubble wrap) labelled with P650 UN3373 and send at room temperature.

***CVS may be sent at 4°C to arrive within 24 hrs after sampling.**

Cultured fibroblasts

Skin samples can be cultured and sent as cultured fibroblasts at room temperature. Place a 50-100 ml sealed leak-proof flask filled to the top with medium supplemented with 20% serum. In addition to patient details, indicate passage number on the flask. Place the flask inside a leak-proof sealed transparent plastic bag with sufficient absorbent material to absorb all the culture medium and then in an appropriate outer container with cushioning (e.g. padded envelope or small box) labelled with UN3373. Send at room temperature.

Copies of this dispatch instruction and the referral form can be downloaded following the relevant links.

<http://www.gosh.nhs.uk/medical-information/clinical-specialties/neuromuscular-information-parents-and-visitors/about-us/muscle-biopsy-service>