



UNITED MEDICAL LABORATORIES, INC.®
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Specimen Labeling

All submitted specimens should be labeled with the patient name and date of birth in the following format: LAST, FIRST and MM/DD/YY.

Test Name	HPV mRNA E6/E7, TMA
Patient Preparation	
Specimen Collection	Collect cervical specimens in ThinPrep® Pap Test vials containing PreservCyt® Solution with broom-type or cytobrush/spatula collection devices according to the manufacturer's instructions.
Specimen Source	Minimum 1 mL cervical specimen
Specimen Storage/Preservation	Specimen Stability Room temperature: 30 days Refrigerated: 90 days Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	HPV Genotypes 16, 18/45, TMA
Patient Preparation	
Specimen Collection	Collect cervical specimens in ThinPrep® Pap Test vials containing PreservCyt® Solution with broom-type or cytobrush/spatula collection devices according to the manufacturer's instructions.
Specimen Source	Minimum 1 mL cervical specimen
Specimen Storage/Preservation	Specimen Stability Room temperature: 30 days Refrigerated: 90 days Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Chlamydia trachomatis RNA, TMA
Patient Preparation	Urine specimens: The patient should not have urinated for at least one hour prior to specimen collection. Female patients should not cleanse the labial area prior to providing the specimen.

Specimen Collection	<p>URINE: The patient should not have urinated for at least 1 hour before specimen collection. Direct patient to provide a first-catch urine (approximately 20-30 mL of the initial urine stream) into a leakproof urine collection cup free of any preservatives. Collection of larger volumes of urine may result in specimen dilution that may reduce test sensitivity. Female patients should not cleanse the labial area before providing the specimen. Thus, a urine sample collected from a female for Chlamydia/GC TMA cannot be collected at the same voiding event as that urine which would be intended for bacterial culture (the latter needs to be a clean catch). Minimum 2 mL of urine specimens must be transferred into the APTIMA® specimen transport tube within 24 hours of collection, and before being assayed. Collection Container: Tube in the APTIMA® Urine Specimen Collection Kit for Urine Specimens. The fluid (urine plus transport medium) level in the urine transport tube must fall within the clear pane on the tube label.</p> <p>ENDOCERVICAL/URETHRAL SWABS: Follow instructions in the Aptima® Combo 2 Assay Unisex Swab Specimen Collection Kit for Endocervical and Urethral Swab Specimens package insert. In females, to ensure collection of cells infected with C. trachomatis, columnar epithelial cells lining the endocervix should be obtained. To that effect, excess mucus should be removed before sampling. Collection Container: Tube in the APTIMA Unisex Swab Specimen Collection Kit for Endocervical and Urethral Swab Specimens.</p> <p>VAGINAL SWABS: Follow instructions in the APTIMA® Vaginal Swab Specimen Collection Kit package insert. Collection Container: Tube in</p>
Specimen Source	<p>Minimum 2 mL urine, no preservative, or 2 mL Cervical/Vaginal/Urethral swab, or 1 mL PreservCyt® solution in APTIMA® Transfer Tube, or minimum 2 mL vaginal swab, or 1 mL PreservCyt® solution (ThinPrep® vial)</p>

Specimen Storage/Preservation	<p>Specimen Stability</p> <p>Liquid cytology (PreservCyt®) preservative (ThinPrep®): Room temperature: 14 days Refrigerated: 30 days Frozen: Not established</p> <p>Urine in APTIMA® transport medium (preferred): Room temperature: 30 days Refrigerated: 30 days Frozen: 1 year</p> <p>Cervical/vaginal swabs in APTIMA® transport (preferred): Room temperature: 60 days Refrigerated: 60 days Frozen: 1 year</p> <p>Urethral swabs in APTIMA® transport (preferred): Room temperature: 60 days Refrigerated: 60 days Frozen: 6 months</p> <p>PreservCyt® solution APTIMA® Transfer Tube (preferred): Room temperature: 14 days Refrigerated: 30 days Frozen: 1 year</p>
Transportation Conditions	Room temperature

Test Name	Neisseria gonorrhoeae RNA, TMA
Patient Preparation	<p>Urine specimens: The patient should not have urinated within one hour prior to collection. Female patients should not cleanse the labial area prior to providing the specimen. Direct patient to provide a first-catch urine (a maximum of 20-30 mL of the initial urine stream) into a urine collection cup free of any preservatives.</p>

Specimen Collection	<p>Urine (preferred): 2 mL of urine specimens must be transferred into the APTIMA® specimen transport within 24 hours of collection. Use tube provided in the urine specimen collection kit for urine specimens. The fluid (urine plus transport media) level in the urine transport tube must fall within the clear pane on the tube label.</p> <p>Endocervical and Urethral Swabs (preferred): Follow instructions in the APTIMA® Combo 2 Assay Unisex Swab Specimen Collection Kit. In females, to insure collection of cells infected with N. gonorrhoeae, columnar epithelial cells lining the endocervix should be obtained. To that effect, excess mucus should be removed prior to sampling.</p> <p>Vaginal Swabs: Follow instructions in the APTIMA® Combo 2 Assay Vaginal Swab Specimen Collection Kit.</p> <p>PreservCyt® (preferred): Transfer 1 mL of PreservCyt® solution into APTIMA® Specimen Transfer tube (green label) or APTIMA® Vaginal Collection tube (orange label). Ship to lab.</p>
Specimen Source	<p>Minimum 2 mL urine, no preservative, or 2 mL Cervical/Vaginal/Urethral swab, or 1 mL PreservCyt® solution in APTIMA® Transfer Tube, or minimum 2 mL vaginal swab, or 1 mL PreservCyt® solution (ThinPrep® vial)</p>
Specimen Storage/Preservation	<p>Specimen Stability</p> <p>Unpreserved urine APTIMA®:</p> <p>Room temperature: 30 days</p> <p>Refrigerated: 30 days</p> <p>Frozen: 1 year</p> <p>Swab APTIMA®:</p> <p>Room temperature: 60 days</p> <p>Refrigerated: 60 days</p> <p>Frozen: 1 year</p> <p>PreservCyt® APTIMA®:</p> <p>Room temperature: 14 days</p> <p>Refrigerated: 30 days</p> <p>Frozen: 1 year</p> <p>PreservCyt® ThinPrep®:</p> <p>Room temperature: 14 days</p> <p>Refrigerated: 30 days</p> <p>Frozen: Not established</p>
Transportation Conditions	Room temperature
Test Name	Trichomonas vaginalis RNA, Qualitative, TMA, PAP Vial
Patient Preparation	

Specimen Collection	PreservCyt®: Transfer 1 mL of PreservCyt® solution into APTIMA® Specimen Transfer tube (green label) or APTIMA® Vaginal Collection Tube (orange label) or APTIMA® Unisex Swab Collection Kit (white label). Ship to lab.
Specimen Source	Minimum: 1 mL liquid cytology (PreservCyt®) preservative (ThinPrep®) collected in APTIMA® Vaginal Collection Kit (orange label) or APTIMA® Specimen Transfer Tube (green label), or APTIMA® Unisex Swab Specimen Collection Kit or 20 mL Liquid Cytology (PreservCyt®) preservative (ThinPrep®) collected in Original ThinPrep® vial
Specimen Storage/Preservation	PreservCyt® liquid cytology in APTIMA® (preferred) Room temperature: 14 days Refrigerated: 30 days Frozen: 6 months Liquid cytology in ThinPrep® vial Room temperature: 30 days Refrigerated: 30 days Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Trichomonas vaginalis RNA, Qualitative, TMA, Males
Patient Preparation	
Specimen Collection	<p>1. Male Urine: The patient should not have urinated for at least one hour before specimen collection. Patient to provide a first-catch urine (approximately 20-30 mL of the initial urine stream) into a urine collection cup free of any preservatives. Collection of larger volumes of urine may result in specimen dilution that may reduce test sensitivity. 2 mL of urine specimen must be transferred into the Gen-Probe APTIMA® Urine transport tube ASAP or within 24 hours of collection and before being assayed. Urine specimens must be refrigerated pending transfer into APTIMA® transport medium. Transport at room temperature.</p> <p>2. Urethral Swabs: Follow instructions in the APTIMA® Unisex Swab Specimen Collection Kit for Endocervical and Urethral Swab Specimens package insert. Transport at room temperature.</p>
Specimen Source	Urine in submitted in APTIMA® Urine Specimen Collection Kit or Urethral swab submitted in APTIMA® Unisex Swab Collection Kit

Specimen Storage/Preservation	Urine Room temperature: 30 days Refrigerated: 30 days Frozen: 6 months Swab Room temperature: 60 days Refrigerated: 60 days Frozen: 6 months
Transportation Conditions	Room temperature

Test Name	Cytology, Pap Smear, ThinPrep®
Patient Preparation	Patient should avoid douches 48 to 72 hours prior to examination. Specimen should not be collected during or shortly after menstrual period. Excessive use of lubricating jelly will interfere with cytologic examination.
Specimen Collection	Collect cervical specimens with broom-type or cytobrush/spatula collection devices according to the manufacturers' instructions and rinse in PreservCyt® in ThinPrep® Pap Test vials.
Specimen Source	Cervical specimens in PreservCyt® solution in ThinPrep® Pap vial
Specimen Storage/Preservation	Preserve in PreservCyt® solution in ThinPrep® Pap Test vials.
Transportation Conditions	Room temperature

Test Name	Cytology, Pap Smear, Conventional
Patient Preparation	Patient should avoid douches 48 to 72 hours prior to examination. Specimen should not be collected during or shortly after menstrual period. Excessive use of lubricating jelly will interfere with cytologic examination.
Specimen Collection	Spread material evenly onto labeled glass slide and fix immediately. Spray fixation with cytospray fixative is preferred.
Specimen Source	Fixed smear. Request must include patient age and menstrual history. Smears should be spray-fixed immediately with cytology fixative. Do not air-dry. Patient's name must be written on frosted end of slide.
Specimen Storage/Preservation	Slides may be stored indefinitely when spray fixed.
Transportation Conditions	Room temperature

Test Name	Cytology, Non-Gynecological, Fluid, Washings, Brushings or FNA
Patient Preparation	

Specimen Collection

Aspirate:

Use a small gauge (eg, 25-g or 22-g) needle to avoid dilution with blood. Immobilize the palpable mass with your nondominant hand. Using a syringe holder will allow you to keep your nondominant hand on the mass. Insert the needle into the mass and pull back on the syringe plunger, creating negative pressure, using it as a cutting tool. Make short 5 mm "in-and-out" motions until you see material coming into the hub of the needle. When you start to see material in the hub, stop, release negative pressure on the syringe, and pull out to make the slides. Do not aspirate material into the syringe or dilute with blood or saline. This interferes with making good direct smears. (See preparation of slides below.) If you do not see any material at all in the hub or syringe, continue the short 5 mm strokes until you have done 15 to 20 strokes. Pull out and attempt to express material on slides (see below). Repeat the above procedure again using a clean needle for a second pass (and more passes if needed). Many physicians use no local anesthesia. If you decide to give a local, please avoid aspirating the local anesthetic into the needle. It will dilute as well as distort the specimen.

Making direct smears (preferred method):

- Using a graphite pencil, label 8 to 10 slides with the patient's name before starting the procedure.
- After aspiration, make sure to have positive pressure in the syringe (if need be, remove the needle, pull back the plunger, then reattach the needle to gain positive pressure). Avoid aspirating the material

Specimen Source	<p>Include pertinent clinical information on the request form such as previous malignancy, drug therapy, radiation therapy, etc.</p> <p>It is recommended to do an aspirate only on a palpable mass. (“Blind” sticks are discouraged except for those under radiologic guidance.) A minimum of two separate passes should be done, preferably more (inadequate specimens result in false-negative diagnosis).</p> <p>It is very important to specify the source of the specimen along with clinical history and clinical impression. If a cyst is aspirated, indicate this fact on the test request form; it will most likely be hypocellular but will not be a false-negative. If the patient has a known diagnosis of malignancy, please include that information on the test request form. Whatever the specimen source, please include your clinical impression and reason for doing the aspiration (eg, “fine-needle aspiration on lymph node: suspect lymphoma vs metastatic carcinoma vs infectious process”).</p> <p>If an infectious process is in the differential, please submit a portion of the specimen to microbiology in an appropriate sterile medium or transport container. Once the specimen is smeared and/or put in an alcohol container, it is unsuitable for culture.</p>
Specimen Storage/Preservation	
Transportation Conditions	Room temperature

Test Name	Cytology, Thyroid, FNA Cytomorphology Evaluation
Patient Preparation	
Specimen Collection	<p>Express a small portion of the FNA from needle directly onto glass slides and air dry or fix immediately by immersing in alcohol or by fixing with a commercially prepared cytology spray fixative. Label each slide with patient name, path ID and the number of needle pass (i.e. 1 for 1st, 2 for 2nd etc). The needle should then be washed in a screw top vial of alcohol-based fixative (e.g. CytoLyt(R)) and labeled with patient name, path ID and FNA location. FNAs from different locations (e.g. distinct nodules) should be collected individually on different slides and needle washings (e.g. A-left lobe, B-right lobe).</p>
Specimen Source	<p>Needle washings, in alcohol-based preservative (e.g. CytoLyt(R)), submitted in a plastic leakproof container and 4 unstained, fixed or air-dried slides of needle washings, submitted in a slide holder.</p>

Specimen Storage/Preservation	Room temperature: 30 days Refrigerated: 30 days Frozen: Do not freeze
Transportation Conditions	Room temperature

Test Name	Cytology, Urine
Patient Preparation	Hydrate patient (give several glasses of water 30 minutes to one hour prior to collection).
Specimen Collection	<p>Have patient drink one glass (6 oz) every 15 minutes for two to three hours. At the end of two hours, have the patient void or catheterize. Discard specimen.</p> <p>Technique I (routine): One hour after collection of discarded specimen, have patient void and save the specimen. Send labeled specimen to the laboratory immediately.</p> <p>Technique II (when residual bladder urine is present): Thirty minutes to one hour after collection of discarded specimen, catheterize bladder. Send labeled specimen to the laboratory immediately.</p> <p>Technique III (for detection of upper urinary tract lesions): Catheterize ureters to pelvis for suspected renal or pelvic lesions. Repeat procedure using either ureter for control. For ureteral lesion, catheterize ureter to a point just below the level of the suspected lesion. Catheterize other ureter for control. Collect urine for 30 minutes. Label appropriately, right and left ureteral or pelvic specimen. Ship specimen immediately to the laboratory.</p>
Specimen Source	Second morning specimen; voided or catheterized urine; intraoperative washings of urinary bladder, urethra, ureters, or renal pelvis
Specimen Storage/Preservation	If collected after hours, add equal amount of 50% ethyl alcohol or Saccomanno fixative and place in the laboratory refrigerator. (Note: Specimens prepared with fixatives that contain 50% ethyl alcohol, eg, Saccomanno fixative, are not acceptable for microbiology testing.) Specify source of specimen.
Transportation Conditions	

Test Name	Cytology, Breast Discharge
Patient Preparation	

Specimen Collection	Gently grip subareolar area and nipple with thumb and forefinger. When secretion occurs, allow pea-sized drop to accumulate on apex of nipple. Touch a clean slide to the nipple and withdraw quickly. Immediately spray slide with fixative or place slides in 95% ethyl alcohol. Repeat procedure until all secretions from nipple are collected on two or more slides. Using a graphite pencil, label the frosted end of the slide with the patient's name.
Specimen Source	Nipple discharge. Include pertinent clinical information on the request form such as previous malignancy, drug therapy, radiation therapy, etc.
Specimen Storage/Preservation	Maintain specimen at room temperature.
Transportation Conditions	

Test Name	Histopathology
Patient Preparation	
Specimen Collection	Small biopsy specimens are to be placed immediately in 10% formalin solution. Use approximately 10 to 20 times as much formalin solution as the bulk of the tissue. Small tissues such as those from endometrium can be compromised in a short time by placing in saline or allowing to dry. The following tissues should always be placed in formalin: small skin tumors and moles; uterine curettings; cervical biopsy; breast biopsy; prostate tissue from transurethral resection (TUR); bladder tumors and calculi; rectal polyps; ear, nose, and throat (ENT) biopsy; lymph nodes (except those to be cultured); gallbladder; liver biopsy; fallopian tube segments; and any biopsy from any other site not listed. Organ and larger tissue resections are to be placed in larger containers and covered with adequate amounts of formalin. Specimens such as colons, urinary bladders, and uteri require opening to expose the mucosal surfaces to formalin. Gallbladders undergo rapid degeneration; therefore, they require immediate fixation in 10% formalin solution; an incision made in the gallbladder will aid in more rapid fixation. All specimens should be sent to the pathology department as soon as convenient to expedite the processing that leads to the eventual microscopic diagnosis.
Specimen Source	Test request form must state operative diagnosis and source of specimen.
Specimen Storage/Preservation	Fix in 10% buffered formalin solution.
Transportation Conditions	Room temperature

Test Name	Culture, Herpes Simplex Virus (HSV), and Typing
Patient Preparation	

Specimen Collection	Specimen is best collected within the first three days after appearance of lesion but no more than seven days. After collection, remove cap from the transport media tube and insert swab aseptically into transport tube and break swab shaft. Replace cap so that swab will not interfere with closure and allow tube to leak. UTM tube or Viral, Chlamydia, or Mycoplasma culture transport, or other appropriate transport medium; body fluids and tissue samples may be submitted in viral transport media or in a sterile leakproof container.
Specimen Source	Nasal/nasopharyngeal swab, endocervical swab, eye swab or lesion (vesicle) aspirate swab, urethral swab, vaginal swab, rectal mucosa swab (without feces) or throat swab collected in a Universal Transport Medium (UTM) or VCM (green-cap) tube or equivalent. Specify the exact specimen source/origin (eg, genital lesion).
Specimen Storage/Preservation	Room temperature: Unacceptable Refrigerated: 7 days Frozen: Unacceptable
Transportation Conditions	Transport to the laboratory at 4°C.

Test Name	Culture, Bacterial Vaginosis and Vaginal Yeast
Patient Preparation	
Specimen Collection	Using Amies bacterial transport medium, with or without charcoal (with charcoal is preferred), collect vaginal fluid sample by contacting the lower one-third of the vaginal wall, rotating for 10 to 20 seconds to absorb fluid. Immediately place the swabs into the transport tubes.
Specimen Source	
Specimen Storage/Preservation	Maintain specimen at room temperature for up to 48 hours.
Transportation Conditions	Room temperature

Test Name	Culture, Campylobacter
Patient Preparation	
Specimen Collection	Collect in clean, dry container and then transfer a minimum of 1 gram or 1 mL into a Cary-Blair stool culture transport medium. Fluid level should reach line on vial.
Specimen Source	1 to 2 g in stool C&S transport vial Stool collected in Cary-Blair stool culture transport medium Rectal swab in Amies or Cary-Blair stool culture transport medium

Specimen Storage/Preservation	<p>Stool or swab in Cary-Blair Room temperature: 4 days Refrigerated: 4 days Frozen: Unacceptable</p> <p>Swab in Amies Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable</p>
Transportation Conditions	

Test Name	Culture, Chlamydia trachomatis
Patient Preparation	
Specimen Collection	<p>Chlamydia is an intracellular pathogen. Obtain swab specimens containing epithelial cells of conjunctiva, cervix, posterior nasopharynx, throat, rectum, or urethra. Place into a UTM tube for transport.</p> <p>Conjunctiva: Remove mucus and exudate. Use a swab and firm pressure to scrape away epithelial cells from upper and lower lids.</p> <p>Cervix: Remove mucus/pus with a swab, discard, and use firm and rotating pressure to obtain specimen with another swab. May be combined with a urethral swab into same transport medium. This combination of cervical and urethral method is highly recommended.</p> <p>Posterior nasopharynx or throat: Collect epithelial cells by using a swab.</p> <p>Rectum: Sample anal crypts with a swab. Avoid contamination with fecal material.</p> <p>Urethra: Patient should not urinate within one hour prior to specimen collection. The swab should be inserted 2 cm into the urethra. Use firm pressure to scrape cells from the mucosal surface. If possible repeat with second swab.</p>
Specimen Source	Specify the exact specimen source/origin (eg, genital lesion). Do not use swabs with a wooden shaft.
Specimen Storage/Preservation	Transport and store at room temperature for up to 24 hours after specimen is placed into UTM-RT medium, or refrigerate.
Transportation Conditions	Transport and store at room temperature for up to 24 hours after specimen is placed into UTM-RT medium, or refrigerate.

Test Name	Gram Stain
Patient Preparation	

Specimen Collection	Carefully select material from infected area with a sterile swab. Place in transport or clinical material in sterile container.
Specimen Source	Indicate the source of specimen on the test request form.
Specimen Storage/Preservation	Stool Room temperature: Unacceptable Refrigerated: 48 hours Frozen: Unacceptable All other specimen types Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	All specimens other than stool: Room temperature Stool: Refrigerated (cold packs)

Test Name	Culture, Sputum/Lower Respiratory
Patient Preparation	Instruct patient to gargle with water and cough deeply to collect deep respiratory specimen in a sterile container.
Specimen Collection	Sputum - early morning expectorated sputum from deep cough
Specimen Source	3 mL sputum 10 mL Bronchial lavage/wash or Transtracheal Aspirate
Specimen Storage/Preservation	Room Temperature: 2 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Refrigerated (cold packs)

Test Name	Culture, Upper Respiratory Culture, Ear Culture, Nasopharynx Culture, Nose Culture, Sinus Culture, Throat
Patient Preparation	
Specimen Collection	Throat Culture: Obtain throat swab after depressing tongue with a tongue depressor. Sample the posterior pharynx, tonsils, and inflamed areas. Nose culture: Insert a premoistened swab about 2 cm into the nose. Rotate the swab against the nasal mucosa.
Specimen Source	Throat swab, nasopharynx swab, nares swab, ear swab
Specimen Storage/Preservation	Room temperature: 72 hours Refrigerated: Not established Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Culture, Yersinia
Patient Preparation	
Specimen Collection	Collect in clean, dry container and then transfer a minimum of 1 gram or 1 mL into a Cary-Blair stool culture transport medium. Fluid level should reach line on vial.
Specimen Source	1 g or 1 mL stool collected in Cary-Blair stool culture transport medium Rectal swab in Amies or Cary-Blair stool culture transport medium
Specimen Storage/Preservation	Cary-Blair transport Room temperature: 96 hours Refrigerated: 96 hours Frozen: Unacceptable Amies transport Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Culture, Genital
Patient Preparation	
Specimen Collection	Female: Do not use lubricant on speculum. Cervical mucus should be removed first before inserting swab into endocervical canal, move swab from side to side allowing several seconds for absorption of organisms by the swab. Return swab to the transport tube and label. Male: Using small wire swab, gently scrape the anterior urethral mucosa or, use a swab to collect specimen of urethral discharge.
Specimen Source	Swab of vagina, cervix, discharge, aspirated endocervical, endometrial, prostatic fluid, or urethral discharge.
Specimen Storage/Preservation	Maintain specimen swab at room temperature. Do not refrigerate.
Transportation Conditions	Room temperature

Test Name	Culture, Streptococcus Group B
Patient Preparation	
Specimen Collection	Collect vaginal and rectal swabs or a single swab inserted into the vagina and then into the rectum. Submit swab(s) in transport medium at room temperature. Prepartum patients: Obtain one or two swabs using either a red cap, Amies liquid transport medium swab or blue cap, Amies gel medium swab of the vaginal introitus and the anorectum as recommended by the CDC.

Specimen Source	Vaginal or rectal swab submitted in Amies gel transport medium Swab submitted in Amies liquid medium, or liquid Stuart transport media
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Culture, GC (<i>Neisseria gonorrhoeae</i>)
Patient Preparation	
Specimen Collection	<p>Do not collect urethral specimens until at least one hour after urinating. Collection directly from male urethral discharge is desirable. Collect anorectal specimens from the crypts just inside the anal ring; anoscopy useful. Prostatic fluid yields fewer positives than does urethral culture.</p> <p>Endocervix: Swab endocervical canal. Avoid contaminating swab with vaginal secretions. Cultures from the urethra or vagina are indicated from females when endocervical culture is not possible.</p> <p>Urethra: Strip the urethra toward the orifice to express exudate. Use a sterile swab to obtain the specimen.</p> <p>Vagina: Use a speculum, moistened only with warm water, not lubricant. Obtain a specimen from the posterior vaginal vault or from the vaginal orifice if the hymen is intact.</p>
Specimen Source	0.5 mL or one swab in Amies gel bacterial transport medium with charcoal of body fluid, discharge, pus, swab of genital lesions, or urethral discharge (best for men when available), anus, throat.
Specimen Storage/Preservation	Inoculated Thayer-Martin plates should be placed in a CO2 incubator.
Transportation Conditions	Room temperature

Test Name	Culture, Urine
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Patient Preparation	<p>Male: Wash hands thoroughly with soap and water. Rinse them well and dry with a paper towel.</p> <ul style="list-style-type: none"> • Tear open the towelette packages so that the towels can be easily removed with one hand as they are needed. Do not touch any of the inside surfaces of the collection cup. • Wash the head of the penis thoroughly using a towelette. <p>Female: Wash hands thoroughly with soap and water. Rinse them well and dry with a paper towel.</p> <ul style="list-style-type: none"> • Tear open the towelette packages so that the towels can be easily removed with one hand as they are needed. Do not touch any of the inside surfaces of the collection cup. • Remove undergarments and sit on the toilet seat with legs spread widely apart. • With one hand, spread labia apart to expose the vulva. Keep this hand in place during the washing and urinating procedure. • Use one towelette to wash the vulva well passing the towelette only from front to back, not back and forth. Repeat this procedure using the second towelette. Discard the used towelettes into the toilet bowl.
Specimen Collection	<p>Fill to the fill line (4 mL) indicated on the tube label</p> <p>Collect voided urine directly into a sterile container after cleansing the genitalia. Use syringe and needle to inject at least 4 mL into a urine culture transport tube. Urines for routine bacterial culture will only be accepted in the 4 mL urine culture transport tubes made by Becton-Dickinson, which we provide. An exception will be made for small volume collections of less than 4 mL, which must be transported refrigerated in a sterile, screw-capped, leakproof container.</p> <p>Volumes less than 4 mL should not be transported in the gray-top tubes.</p>
Specimen Source	<p>Minimum: 4 mL random, clean catch, midstream urine, submitted in gray-top transport tube from urine collection kit</p> <p>Minimum: 0.5 mL of an unpreserved urine, submitted in a sterile, leakproof container</p>

Specimen Storage/Preservation	<p>Preserved urine: Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable</p> <p>Unpreserved urine: Room temperature: 2 hours Refrigerated: 24 hours Frozen: Unacceptable</p>
Transportation Conditions	<p>Preserved: Room temperature or refrigerated (cold packs) Unpreserved: Refrigerated (cold packs) only</p>

Test Name	Culture, Mycoplasma/Ureaplasma
Patient Preparation	
Specimen Collection	<ul style="list-style-type: none"> • Male: Collect urethral specimen on viral culture, small-tipped swab blue cap. Refrigerate and ship at 4°C. • Female: Collect vaginal and urethral specimens with viral culture collection swab blue cap. Refrigerate and ship at 4°C. • Semen/urine: Collect specimen in sterile, leakproof container.
Specimen Source	<p>Specify source.</p> <p>Minimum: 1 mL or 1 swab of urogenital specimen (vaginal, cervical, urethral swabs or vaginal secretions) collected in VCM medium (green-top), or M4 Transport Media, or UTM tube. Urine, sterile body fluids, tissue, wounds (swab), respiratory (sputum, bronchial washing, tracheobronchial secretions, bronchial alveolar lavage, nasopharyngeal or throat swabs) collected in a VCM medium (green-cap) tube or equivalent (UTM) container.</p>
Specimen Storage/Preservation	<p>Room temperature: 8 hours Refrigerated: 48 hours Frozen at -70°C: 1 month</p>
Transportation Conditions	Refrigerate and ship at 4°C.

Test Name	Culture, Trichomonas vaginalis
Patient Preparation	
Specimen Collection	Use a swab or add drop(s) to inoculate a Universal Transport Medium (UTM) Viral Transport Media tube.
Specimen Source	<p>Females: Vaginal exudate (2 swabs), or few drops of amniotic fluid Males: Urethral/penile discharge (few drops), or few drops of prostatic fluid, or semen, or first morning urine (sediment) Minimum: 1 swab or 1 drop</p>

Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: Unacceptable Frozen: Unacceptable
Transportation Conditions	Transport inoculated medium overnight at room temperature within 24 hours of collection.

Test Name	Culture, Wound Culture, Aerobic Bacterial
Patient Preparation	Sterile preparation of the aspiration site is required.
Specimen Collection	Disinfect contiguous areas of skin or mucous membrane containing resident normal flora prior to culture collection. Collect exudates from the interior of productive lesions. Tissue samples must be kept moist. A thin, air-dried smear for Gram stain obtained from the same site as the culture is strongly recommended (additional test).
Specimen Source	Aspirate fluid: Transfer to a sterile container. Purulent Material: Transfer to a sterile tube or anaerobe transport media. Swab: Bacterial swab transport.
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Culture, Anaerobic
Patient Preparation	Sterile preparation of the aspiration site is imperative.
Specimen Collection	Some anaerobes will be killed by contact with molecular oxygen for only a few seconds. Overlying and adjacent areas must be carefully disinfected to eliminate contamination with indigenous flora. Ideally, pus or other fluid obtained by needle aspiration through intact skin or mucosal surface that has been cleaned with antiseptic should be collected. Sampling of open lesions is enhanced by deep aspiration using a sterile plastic catheter. Curettings of base of an open lesion are optimal. If irrigation is necessary, nonbacteriostatic sterile normal saline may be used. Lower respiratory samples must be obtained by transtracheal percutaneous needle aspiration, transbronchial biopsy, transthoracic needle biopsy, or open lung biopsy by physicians trained in these procedures. If swabs must be used, collect two, use one for Gram stain and one for culture. Anaerobic transports must be used for swabs and for aspirates. Specimens are to be collected from a prepared site using sterile technique. Contamination with normal flora from skin, rectum, vaginal tract, or other body surfaces must be avoided.

Specimen Source	<p>Pus, tissue, or other material properly obtained from an abscess, biopsy, aspirate, drainage, exudate, lesion, or wound. To ensure proper growth of organisms place swabs/specimen in anaerobic transporter. Anaerobic transport swab with Aimes gel (blue-cap) or ESwab (white-cap).</p> <p>Swab in anaerobic transporter, 0.5 mL pus, or other fluid or tissue from aspirated site in anaerobic transporter.</p> <p>Anaerobic transport or aerobic/anaerobic bacterial swab transport containing gel medium.</p>
Specimen Storage/Preservation	<p>Room temperature: 48 hours</p> <p>Refrigerated: 48 hours</p> <p>Frozen: Unacceptable</p>
Transportation Conditions	Room temperature

Test Name	Culture, Stool
Patient Preparation	
Specimen Collection	<p>A single stool specimen cannot be used to rule out bacteria as a cause of diarrhea. It is recommended that two or three stool specimens, collected on separate days, be submitted to increase the probability of isolating a bacterial pathogen. Hospitalized patients who develop diarrhea while hospitalized and more than 72 hours after admission should be tested for Clostridium difficile by detection of either toxin A and/or toxin B.</p> <p>Studies have shown that patients who did not have gastroenteritis or other GI symptoms on admission are unlikely to have diarrheal illness due to Salmonella, Shigella, Campylobacter, or enterohemorrhagic E coli.</p> <p>Stool: Specimen should be collected in sterile bedpan, not contaminated with urine, residual soap, or disinfectants. Those portions of stool that contain pus, blood, or mucus should be transferred to a sterile specimen container.</p> <p>Rectal swab: Pass swab beyond anal sphincter, carefully rotate, and withdraw. Swabbing of lesions of rectal wall or sigmoid colon during proctoscopy or sigmoidoscopy is preferred.</p> <p>Duodenal or sigmoid aspirate: Specimen should be collected by a physician trained in this procedure.</p> <p>Stool specimen can be divided for other types of cultures by the laboratory. Miscellaneous tests and ova and parasites tests should be split into appropriate containers and transport devices prior to</p>

Specimen Source	1 g, 1 mL stool or one rectal swab in stool C&S transport vial (usual bacterial swab transport is not acceptable although the swab may be used). Stool culture transport vial. Culture collection swab may be used to collect rectal swabs or a swab of fecal material, then swab should be placed in stool culture transport vial (e.g., Para-Pak® C&S orange). Swab with Cary-Blair or Amies transport medium.
Specimen Storage/Preservation	Stool Room temperature: 72 hours Refrigerated: Unacceptable Frozen: Unacceptable Swab Room temperature: 48 hours Refrigerated: Unacceptable Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Ova and Parasites, Stool
Patient Preparation	<p>Fecal specimens for parasitic examination should be collected before initiation of antidiarrheal therapy or antiparasitic therapy. The highest yield on hospitalized patients occurs when diarrhea is present on admission or within 72 hours of admission. The onset of diarrhea more than 72 hours after admission is usually caused by Clostridium difficile toxin rather than parasites or the usual stool pathogens. The following recommendations are made for efficient and cost-effective diagnosis of diarrheal disease in patients admitted with gastroenteritis.</p> <ul style="list-style-type: none"> • Submit one or two specimens per diarrheal illness immediately. Consider requesting EIA for Giardia lamblia if that is the primary suspected organism. • If those are negative, submit an additional specimen after five days. • Patients who are immunocompromised by AIDS, malignancy, or immunosuppressive therapy may require additional testing for unusual stool pathogens.
Specimen Collection	If stool is soft or liquid, send in Formalin and PVA. Collect random stool. Add stool within 1 hour of collection to bring the liquid level to the "Fill to Here" line on the vial. Mix well.
Specimen Source	5 g or 3 mL random stool in 10% Formalin transport vial or Sodium Acetate-Acetic Acid Formalin (SAF) transport vial or O & P transport container with formalin and PVA (Para-Pak® pink and gray)

Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 7 days Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Organism Identification, Bacteria
Patient Preparation	Sterile preparation of the aspiration site is required.
Specimen Collection	Collect sample as described in aerobic or anaerobic bacterial culture.
Specimen Source	Label sample source. Pure isolate of aerobic or facultatively anaerobic organisms.
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Susceptibility Testing, Bacteria Sensitivity Testing, Bacteria
Patient Preparation	Sterile preparation of the aspiration site is required.
Specimen Collection	Collect sample as described in aerobic or anaerobic bacterial culture.
Specimen Source	Label sample source. Pure isolate of aerobic or facultatively anaerobic organisms.
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Culture, Broth, Urine
Patient Preparation	
Specimen Collection	Clean the genital area with a towelette. Provide a clean-catch, midstream urine specimen in a sterile urine container.
Specimen Source	Random urine in a sterile urine container.
Specimen Storage/Preservation	Refrigerated: 48 hours Frozen: 2 weeks
Transportation Conditions	Refrigerated (ice packs) or frozen (dry ice)

Test Name	Culture, Broth, Semen
Patient Preparation	
Specimen Collection	Clean the genital area with a towelette. Provide a semen sample in a sterile container.
Specimen Source	
Specimen Storage/Preservation	Room temperature: 2 weeks
Transportation Conditions	Refrigerated (ice packs) or frozen (dry ice)

Test Name	Culture, Water
Patient Preparation	

Specimen Collection	Place 50 mL water in a sterile screw-cap container.
Specimen Source	
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 48 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Complete Blood Count (CBC) With Differential
Patient Preparation	
Specimen Collection	Invert tube 8 to 10 times immediately after tube is filled at the time of collection. Maintain specimen at room temperature. Do not refrigerate. If multiple draw, collect EDTA (lavender-top) tube last. Traumatic draw can introduce thromboplastin and trap WBC and platelets. Refrigeration can precipitate fibrin and trap WBC and platelets.
Specimen Source	Whole blood collected in 1 full EDTA (lavender-top) tube --or-- Pediatric Volume: Minimum 0.5 mL collected in a Microtainer EDTA (lavender-top) tube
Specimen Storage/Preservation	Room temperature: 48 hours Refrigerated: 72 hours Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Basic Metabolic Panel (BMP)
Patient Preparation	Patient should fast for 12 hours preceding collection of specimen.
Specimen Collection	0.5 mL serum (preferred) or plasma in a gel-barrier tube (send entire tube) is preferred. Centrifuge. Red-top tube or green-top (heparin) tube is also acceptable. If red-top tube or green-top tube is used, centrifuge within 45 minutes of draw, remove the serum or plasma, and place in a transport tube and tightly stopper the tube.
Specimen Source	
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Comprehensive Metabolic Panel (CMP)
Patient Preparation	Patient should fast for 12 hours preceding collection of specimen.

Specimen Collection	0.5 mL serum (preferred) or plasma in a gel-barrier tube (send entire tube) is preferred. Centrifuge. Red-top tube or green-top (heparin) tube is also acceptable. If red-top tube or green-top tube is used, centrifuge within 45 minutes of draw, remove the serum or plasma, and place in a transport tube and tightly stopper the tube.
Specimen Source	
Specimen Storage/Preservation	Room temperature: 3 days Refrigerated: 3 days Frozen: 14 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Albumin
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 30 days Frozen: 6 months
Transportation Conditions	Room temperature

Test Name	Alkaline phosphatase
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45 minutes of collection. If a green-top tube is used, transfer separated serum or plasma to a plastic transport tube.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Bilirubin, Total
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 3 days Refrigerated: 3 days Frozen: 3 months
Transportation Conditions	Room temperature

Test Name	Blood urea nitrogen (BUN)
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Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Creatinine
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Glucose
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Hemoglobin A1c
Patient Preparation	
Specimen Collection	The usual precautions in the collection of venipuncture samples should be observed. The sample must be free of clots. Samples with any hematocrit disorders can lead to erroneous results. Send the entire tube to the laboratory.
Specimen Source	0.5 mL whole blood collected in an EDTA (lavender-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 60 days
Transportation Conditions	Room temperature

Test Name	Calcium
Patient Preparation	Morning, fasting sample is desirable, since some diurnal variation exists (which may reflect postural changes).

Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Sodium
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Chloride
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Potassium
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection. Avoid hemolysis.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Aspartate Aminotransferase (AST)
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.

Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: 14 days
Transportation Conditions	Room temperature

Test Name	Alanine Aminotransferase (ALT)
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: Unacceptable
Transportation Conditions	Room temperature

Test Name	Gamma Glutamyl Transferase (GGT)
Patient Preparation	The patient should fast for eight hours prior to collection of the specimen. Since there are false elevations in patients on phenytoin and phenobarbital, such patients would be better served with orders for one of the alternate tests – leucine aminopeptidase (LAP) or 5' nucleotidase.
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Phosphorus
Patient Preparation	Patient should be fasting.
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Uric acid, serum
Patient Preparation	At least four-hour fast preferred

Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Lactic Acid Dehydrogenase (LDH)
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 7 days Frozen: 14 days
Transportation Conditions	Room temperature

Test Name	Hepatic function panel
Patient Preparation	
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 2 days Refrigerated: 3 days Frozen: 14 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Renal function panel
Patient Preparation	Patient should fast for 12 hours preceding collection of specimen.
Specimen Collection	Separate serum or plasma from cells within 45-60 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: 14 days
Transportation Conditions	Room temperature

Test Name	Lipid panel
Patient Preparation	Patient should be on a stable diet, ideally for two to three weeks prior to collection of blood, and should fast for 12 to 14 hours before collection of the specimen.

Specimen Collection	Separate serum or plasma or from cells within 45 minutes of collection. Lipid panels are best avoided for three months following acute myocardial infarction, although cholesterol can be measured in the first 24 hours.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 72 hours Refrigerated: 14 days Frozen: 15 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Total cholesterol
Patient Preparation	If a cholesterol measurement is to be performed along with triglycerides, the patient should be fasting 9-12 hours prior to collection.
Specimen Collection	Separate serum or plasma or from cells within 45 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 90 days
Transportation Conditions	Room temperature

Test Name	High-density Lipoprotein (HDL) Cholesterol
Patient Preparation	Patient should be on a normal diet and maintain a stable weight for a week prior to testing. Any drugs should be discontinued for three to four weeks if possible. Test should not be performed until three months after a myocardial infarction or similar traumatic episode, such as severe infection or inflammation. Fasting is not necessary.
Specimen Collection	Separate serum or plasma or from cells within 45 minutes of collection.
Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 72 hours Refrigerated: 14 days Frozen: 14 days
Transportation Conditions	Room temperature

Test Name	Triglycerides
Patient Preparation	Patient should be on a stable diet, ideally for two to three weeks prior to collection of blood, and should fast for 12 to 14 hours before collection of the specimen.
Specimen Collection	Separate serum or plasma or from cells within 45 minutes of collection.

Specimen Source	0.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in a heparin (green-top) tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Hepatitis B Surface Antigen
Patient Preparation	
Specimen Collection	Please note: When only a single test, Hepatitis B Surface Antigen, is ordered to diagnose Hepatitis B infection in a pregnant woman, additional tests, such as liver enzymes, should be ordered to confirm the diagnosis. Plasma collected in PPT-Potassium EDTA (white-top tube) is unacceptable. If tube other than a gel-barrier tube is used, transfer separated serum or plasma to a plastic transport tube.
Specimen Source	1-1.5 mL serum (preferred) collected in a serum separator tube (SST®) or plasma collected in an EDTA (lavender-top) tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 30 days
Transportation Conditions	Room temperature

Test Name	Thyroid-stimulating Hormone (TSH)
Patient Preparation	Specimen collection after fluorescein dye angiography should be delayed for at least 3 days. For patients on hemodialysis, specimen collection should be delayed for 2 weeks. According to the assay manufacturer Siemens: "Samples containing fluorescein can produce falsely depressed values when tested with the Advia Centaur TSH Ultra assay."
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Follicle-stimulating Hormone (FSH)
Patient Preparation	
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube. Avoid hemolysis.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube

Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Luteinizing Hormone (LH)
Patient Preparation	
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Prolactin
Patient Preparation	Overnight fasting is preferred
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Progesterone
Patient Preparation	Early morning specimen is preferred
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube. Please note: Do not order progesterone testing to a barrier gel specimen older than 72 hours. Progesterone binds to barrier gel causing decreased values.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube. Specify age, sex, and menopausal status on the test request form.
Specimen Storage/Preservation	Room temperature: 15 days Refrigerated: 15 days Frozen: 1 year
Transportation Conditions	Room temperature

Test Name	Human Chorionic Gonadotropin (hCG), Beta Subunit, Quantitative
Patient Preparation	
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube

Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature

Test Name	Human Chorionic Gonadotropin (hCG), Qualitative, Urine
Patient Preparation	
Specimen Collection	First morning urine (preferred) in a plastic urine container. Random urine is an acceptable sample type. Send specimen at room temperature to the laboratory.
Specimen Source	0.5 mL urine from a first morning voided specimen
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 7 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Testosterone, total
Patient Preparation	
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube. Collect blood in a Vacutainer with no additives. Allow blood to clot (10-15 minutes) at room temperature. Centrifuge and separate the serum from the cells.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube. Specify age and sex on test request form.
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 14 days
Transportation Conditions	Room temperature

Test Name	Testosterone, total, free, and SHBG
Patient Preparation	
Specimen Collection	If a red-top tube is used, transfer separated serum to a plastic transport tube.
Specimen Source	0.3 mL serum in a red-top tube or gel-barrier tube. Specify age and sex on test request form.
Specimen Storage/Preservation	Room temperature: 14 days Refrigerated: 14 days Frozen: 14 days
Transportation Conditions	Room temperature or refrigerated (cold packs)

Test Name	Rubella IgG antibody
Patient Preparation	
Specimen Collection	
Specimen Source	0.1 mL serum in a red-top tube or gel-barrier tube
Specimen Storage/Preservation	Room temperature: 4 days Refrigerated: 7 days Frozen: 30 days

Transportation Conditions	Room temperature or refrigerated (cold packs)
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Test Name	Rapid Plasma Reagin (RPR)
Patient Preparation	
Specimen Collection	0.2 mL serum or 1 mL plasma in red-top tube, gel-barrier tube, or lavender-top (EDTA) tube. Plasma specimens may not be less than one-half full, as excess anticoagulant may cause incorrect results.
Specimen Source	
Specimen Storage/Preservation	Room temperature: 7 days Refrigerated: 7 days Frozen: 30 days
Transportation Conditions	Room temperature

Test Name	Erythrocyte sedimentation rate
Patient Preparation	
Specimen Collection	Invert tube immediately 8 to 10 times once tube is filled at time of collection.
Specimen Source	2 mL whole blood in lavender-top (EDTA) tube
Specimen Storage/Preservation	Room temperature: 24 hours Refrigerated: 24 hours Frozen: Unacceptable
Transportation Conditions	Refrigerated (cold packs)

Test Name	Occult Blood, Fecal, Immunoassay FIT iFOBT
Patient Preparation	No special drug or dietary restrictions are required. Results of this test are not affected by dietary peroxidases, animal blood, or vitamin C.
Specimen Collection	Open the cap on the sampling bottle. Jab the surface of the fecal sample with the sampling probe. Cover the grooved portion of the sampling probe completely with the fecal sample. Close the sampling bottle by inserting the sampling probe and fasten the cap on tight. Do not reopen.
Specimen Source	
Specimen Storage/Preservation	Specimen in sampling bottle can be stored for 15 days at ambient temperature.
Transportation Conditions	

Test Name	Urinalysis
Patient Preparation	

Specimen Collection	A voided specimen is usually suitable. If the specimen is likely to be contaminated, a clean-catch, midstream specimen is desirable. Label the sample appropriately and store at room temperature until pick-up. Please note: The yellow-top, blue line tube cannot be used for collection and transport of specimens for urine culture.
Specimen Source	2 mL random urine in routine urinalysis tube or container, BD urine transport tube, or sterile urine cup
Specimen Storage/Preservation	Preserved urine: Room temperature: 72 hours Refrigerated: 48 hours Frozen: Unacceptable Unpreserved urine: Room temperature: 2 hours Refrigerated: 24 hours Frozen: Unacceptable
Transportation Conditions	Preserved urine: Room temperature Unpreserved urine: Refrigerated (cold packs)

Test Name	Vitamin D, 25-Hydroxy
Patient Preparation	Fasting preferred, but not required
Specimen Collection	SST
Specimen Source	Serum
Specimen Storage/Preservation	Specimen Stability Room temperature: 14 days Refrigerated: 14 days Frozen: 60 days
Transportation Conditions	Room temperature

Test Name	DHEA Sulfate
Patient Preparation	
Specimen Collection	SST
Specimen Source	Serum
Specimen Storage/Preservation	Specimen Stability Room temperature: 14 days Refrigerated: 14 days Frozen: 28 days
Transportation Conditions	Room temperature