

 <p>Hospital General Universitario Gregorio Marañón LABORATORIO DE DOSIMETRIA BIOLÓGICA</p>	PROCEDURES FOR COLLECTING AND SHIPMENT OF BLOOD SAMPLES	CÓDIGO	A-PR-FPR.001(ev)
		EDICIÓN: 4	FECHA: 01-02-2021
		PÁGINA	Page 1 Of 2

A-PR-FPR.001(ev) PROCEDURES FOR COLLECTING AND SHIPMENT OF BLOOD SAMPLES

Analysis of chromosomal aberrations in human peripheral blood lymphocytes is the present day standard for the biological assessment of radiation exposure. It is used when a person's physical dosimeter is absent or inoperative or when the reading of the physical dosimeter is missing or in dispute. To optimize the recovery of lymphocytes from the blood, it is very important that the blood be collected and shipped according to protocol outlined below.

Before the blood sample is taken please notify us (Tlf: +34 91 426 51 35) so that we can prepare for its arrival and pick up.

1. All blood samples are to be collected into **lithium heparin tubes**, at least 10 ml (2 × 5 ml tubes). Gently rock the tubes for 2 minutes to ensure proper mixing. Label the tubes unambiguously (initials of the first and last name, and birth date dd/mm/yy) and complete the questionnaire.
2. Package the blood sample carefully to prevent breakage of the tubes in transit. Also, the blood should be maintained at about 20 °C. If temperature extremes are likely to be encountered, a minimum/maximum thermometer can be included in the package. **Blood samples must not be frozen.** One method of maintaining blood at room temperature is to place the tubes on a gel pack that has been allowed to stay at room temperature for several hours. To further ensure that the samples do not freeze. For the transportation (e.g. Air-mail), please mark on the external packaging and the shipping documents **URGENT DIAGNOSTIC SAMPLES — NOT TO BE FROZEN.** For air transport, packaging and labelling should conform with the current International Air Transport Association (IATA) regulations. These require that blood samples should be packed to conform with United Nations Regulation 602 for infectious materials. The package itself and the 'Nature and Quantity of Goods' box of the air waybill should show the following wording: "Diagnostic specimen packed in compliance with IATA packing instruction 650".
3. Mark the package and shipping documents **DO NOT X-RAY** and include a piece of X-ray film in the package.
4. Immediately after blood collection, ship the sample by **special transportation and use overnight air express so we can receive the blood early in the morning following sample collection.** Contact the laboratory to confirm the shipment and inform us of the **Waybill** number. THIS IS IMPORTANT FOR TRACKING THE SAMPLE.
5. For best results blood, must be received within 24 h of sampling.

Laboratory address:

Laboratorio de Dosimetría Biológica
Servicio de Oncología Radioterápica
Pabellón de Oncología (sotano -2)
C/ Maiquez 7

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		EDICIÓN: 4	FECHA: 01-02-2021
		PÁGINA	Page 2 Of 2

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