Sample quality and pre-analytical sample handling can significantly affect the results of endocrinology testing. When submitting samples to the VMTH Clinical Diagnostic Laboratories, please follow these sample preparation and handling instructions.

**Sample collection and handling procedures**
- Fill one 3.2% citrated blue top tube (1.8mL) to the blue fill indicator marked on the label. Do not short fill or overfill the citrate tube, as this will cause erroneous results.
- Immediately spin and separate the citrated plasma into tubes without anticoagulant, labeled with patient name and/or ID number. We recommend using red top tubes.
- Freeze the sample and ship the sample frozen on dry ice via FedEx overnight, Monday – Thursday only. Our laboratory does not receive packages on weekends, so do not ship on Fridays.
- Complete a VMTH Clinical Diagnostic Laboratory Sample Submission form and include this with the sample shipment.

Specimen may be rejected if:
- Specimen are not frozen upon receipt by the laboratory.
- Plasma is not separated or is incompletely separated from red cells.
- Specimen are not labeled with patient name and/or ID number.
- Specimen arrive without a VMTH Clinical Diagnostic Laboratory Sample Submission form.

Results will be reported the day the sample is received.

Questions? Contact Central Lab Receiving (CLR) at 530-752-VMTH (752-8684).