MUSCLE BIOPSY - FRESH
Instructions for Tissue Preparation, Packaging and Shipping

Human Tissue: Always use universal precautions

1. NOTIFY THE NEUROPATHOLOGY HISTOLOGY LABORATORY
   Please call 206-744-3910 at least 24 hours before the biopsy is performed. The specimen should arrive in our laboratory between 9am and 4pm, Monday to Friday (no later than 4pm). If a planned biopsy is cancelled/postponed, please let us know.

2. SPECIMEN SPECIFICATIONS
   The muscle biopsy specimen should be a longitudinal piece of muscle 0.8 to 1.0 cm in diameter (just thicker than a pencil) and at least 3 cm in length. If the initial sample is too small, additional should be taken. The surgeon should be instructed to place the specimen on a tongue blade or stiff paper and cover the muscle with Telfa or gauze moistened with saline. The specimen must NOT be immersed in saline. Muscle clamps should NOT be used unless the surgeon requires their use. Do NOT suture muscle to the tongue blade.

3. FRESH SPECIMEN
   • If specimen was not submitted on stiff material and covered with saline moistened gauze, then do this now. (Place the specimen on a cardboard, stiff paper or tongue blade. Cover the specimen with gauze or Telfa moistened with saline.)
   • Do not immerse specimen in saline or water.
   • Place the specimen with the cardboard or tongue blade in a container (Petri dish or specimen jar). Use a separate container if there are multiple specimens.
   • Place the container in a plastic bag (zip-lock type) and carefully seal it.
   • Place the bagged specimen in a container with wet (regular) ice enough to last transport.

4. COMPLETE NEUROPATHOLOGY SERVICE REQUEST FORM
   Complete this form carefully to avoid possible delay in processing or results. Provide Clinical Information and telephone number for the clinician. Be sure that the specimen is labeled with patient name, patient number, hospital, date and specimen description. Please also send medical history including the history and physical (H&P) from the surgeon and clinic note from neurologist, rheumatologist, or primary care provider who requested the biopsy. Other clinical information may also be sent if pertinent.

   If a preliminary telephone report is desired, indicate so and include the name and phone number of the physician to be contacted.

5. SHIPPING TISSUE
   Important: Delivery must be arranged to arrive before 4 pm Monday-Friday.
   
   By Cab or Courier: (Monday-Friday)
   HMC Pathology, Room 2NJ-244 Neuropath
   PATHOLOGY OFFICE RECEPTION (744-3910 or x6315)
   908 Jefferson St, 2nd floor
   Seattle, WA 98104
   206-744-3910

   LABEL ALL PACKAGES: “DIAGNOSTIC TISSUE SPECIMEN” NEUROPATHOLOGY 744-3910 or 744-6315
   Hand deliver to staff in Pathology office - 2NJ-244

6. TELEPHONE CALL
   Call 206-744-3910 to inform Neurohistology lab that shipment is coming.
   For Fresh Tissue make sure you speak to someone.

7. QUESTIONS?
   Call Neuropath Lab during business hours (206-744-3910).
   After hours call the hospital paging operator (206-744-3000) and ask that the Neuropathology Fellow to be paged.

Updated 3/16