

Blood sample handling instructions for local clinics and hospitals in Finland

NADMED technology allows analyzing REDOX metabolites - NAD⁺, NADH, NADP⁺, NADPH, reduced (GSH) and oxidized (GSSH) glutathiones - from a single blood sample.

Blood collection

- Whole venous blood is collected into **K2 EDTA** or lithium heparin tubes and properly mixed, following standard procedures by an authorized phlebotomist.
- The NADMED analysis requires small volumes of whole blood; thus, we recommend using small blood collection tubes, e.g. Vacuette EDTA K2 (2.0 ml), but we accept any volume up to 9 ml tubes.
- Peripheral blood or capillary blood can be self-collected using lancet-type blood collection devices into spray-coated **K2 EDTA tubes**, e.g. Minicollect EDTA K2 (0.25/0.5ml) tubes. The minimum volume we accept is 0.2 ml.
- There is no need for fasting before blood collection.
- The label on each tube should include **sample code** (pseudonymization), **date and time** of blood collection, and the **service code** (what metabolites to measure).

Blood storage

- Preserve the samples at **+4°C** after blood collection (in K2 EDTA tubes) before shipment.
- It is recommended to ship sample(s) the same day or the next following blood shipment instructions.
- Samples should arrive to NADMED facilities within **72 hours** from the blood draw.
- If the blood was drawn on Friday and the same day delivery to NADMED laboratory cannot be guaranteed, freeze the blood samples following the instructions.

Blood freezing

- Always aim to deliver fresh refrigerated (+4°C) blood samples, if possible.
- In exceptional cases, when **delivery cannot be done within 72 hours**, cool the blood samples first at +4°C and then **freeze them at -20°C** (or lower) freezer, preferably in a fast-freezing compartment, or/and within precooled racks/containers.

Service Request Form (electronic submission)

- The form is self-explanatory and contains only essential and required information
- The form should be **filled electronically, printed** (preferably 1 page) and **included in the package** with the blood samples.
- If any technical problems prevent you from filling and / or printing the form, send us an email to laboratory@nadmed.com.

Blood shipment

- The refrigerated (+4°C) samples should be packed into the Styrofoam box with the cold gel (+4°C) blocks , which keep the temperature at +4°C for the whole duration of the shipment.
- Use **same-day delivery** for biological samples courier services.
- If the blood samples are frozen at -20°C, then the delivery should also be done on frozen (-20°C) blocks or dry ice (preferably) to ensure low temperatures until the arrival to NADMED laboratory.
- Always include the **printed ‘Service Request Form’** in the package.
- Shipping address:

NADMED Ltd. / laboratory
Sonja Jansson
Biomedicum 1, C520
Haartmaninkatu 8
00290 Helsinki
FINLAND

- Contact details: +358 41 312 4256 or laboratory@nadmed.com