

**CNS-I-01 — PLASMA METANEPHRINES & CATECHOLAMINES: INSTRUCTIONS FOR BLOOD SAMPLING AND SHIPPING OF SPECIMENS**

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- Sample:**
- Plasma (heparinized plasma, either lithium or sodium).
  - Separate plasma sample tubes for catechols and metanephrines.
  - Plasma sample tubes must be rated for storage at -80°C and centrifugation at 1500g (e.g., cryotubes).
- Sample volume:**
- Metanephrines – 2.2 mL plasma (minimum requirement for HPLC)
  - Catecholamines – 2.2 mL plasma (minimum requirement for HPLC)
- Sample collection:**
- Subjects supine for 30 minutes before sampling (via indwelling i.v. to minimize stress responses as required for children and others).
  - Subjects fasting (overnight, clear fluids-water allowed).
  - No strenuous exercise for 12 hours before blood draw.
  - No paracetamol for 4 days before testing.
  - For concerns about other drugs, contact laboratory personnel.
- Sample processing:**
- Blood stored on ice or ice packs and centrifuged within 3 hours of collection at 4°C for separation of plasma.
  - Plasma tubes should be appropriately labeled to ensure identification.
  - Plasma stored at -80°C for prolonged time periods (> 2 weeks).
  - Plasma may be stored at -20°C for less than 2 weeks before assay.
- Shipping:**
- Plasma should be shipped frozen on dry ice in a container approved for dry ice.
  - Sample should be shipped to the address below with enough time to ensure delivery before the end of the work-week.
  - Laboratory staff must be contacted before shipment is sent.
  - All appropriate paperwork must be included with the shipment. If the shipment contains multiple sample specimens (e.g., as in collaborative research studies) then the shipment must be accompanied by an appropriately completed sample manifest. An electronic copy may be included or sent separately.

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