

Laboratory Genetic Metabolic Diseases

Protocol for the sample preparation of blood samples for the measurement of essential fatty acids (PUFAs) in erythrocytes and plasma

- Collect at least 1 ml of EDTA blood and centrifuge for 10 minutes at 1500-1700 x g
- Transfer the plasma (without disturbing the buffycoat) into a new tube suited for shipment
- Remove the buffycoat with a pipet
- Wash the erythrocyte pellet with 0.9% NaCl by adding at least the same volume of 0.9% NaCl as that of the erythrocyte fraction and mix carefully
- Centrifuge for 10 minutes at 1500-1700 x g
- Remove all supernatant using a pipet
- Store the plasma and erythrocytes at -20°C until shipment
- Attention: Be sure to treat the material within 48 hours after collection!
Send the frozen samples within 21 days send on sufficient dry ice to our laboratory by (international) courier together with a completed test request form Metabolite Diagnostics (available at www.labgmd.nl)