# IONA Study: Biological sample collection and transfer (November 2021)

Biological fluid samples from participants in the IONA study are analysed following appropriate consent.

Samples that can be analysed include

* plasma (preferred), serum or whole blood. Any standard blood tube can be used. Ideally 2 ml of sample but volumes >0.25 ml can be used.
* Urine (spot sample)
* Saliva (if blood not available)

Paired samples of plasma and urine samples are of particular value

Samples of products used (e.g. tablets, powders or liquids) can also be sent, if the chemical content of these are unknown, but you must use the Home-Office/FEWS approved mechanism (see separate guidance).

All samples should be sent by first class mail, early in the week in appropriate packaging to the following address. It is preferred that samples from the same patient are sent together;

**Simon Hudson**

**C/O SSAS sample management  
LGC Ltd  
Newmarket Road, Fordham  
Cambridgeshire CB7 5WW**

**IMPORTANT: Samples are no longer being received in Newcastle or Edinburgh.**

Samples should be refrigerated or frozen (plasma, urine, saliva), pending transfer, but do not require cooling during transit. Please send a copy of the anonymised data collection sheet with the samples, but also send a copy by email to Newcastle.

Samples should be clearly labelled with the following details. **Patient identifiable details must be removed.**

* Study name (IONA)
* Study site
* Participant number
* Date and time of sample
* Type of sample

Unique identifiers must match those on the participant’s clinical data collection sheet.

For further information contact Prof Simon Thomas ([simon.thomas@ncl.ac.uk](mailto:simon.thomas@ncl.ac.uk))

**Packaging options**

Samples need to be sent in appropriate packaging. Local labs can advise on this as they send samples to other labs regularly.

Options to consider include

<http://intelsius.com/wp-content/uploads/2015/07/V11-STP-BioTherm-Category-A-and-Category-B-solutions-with-PathoPak.pdf>

Intelsius provide a BIOTHERM Category A & Category B Solutions with Pathopak container, this is a 1ltr cardboard box with rigid tube which can contain a number of samples and has all the relevant packaging for safe transport - these come in at £92.20 for 20 boxes

The other option which has been used is

<https://www.biopackaging.co.uk/product/universal-mailer-system-un3373/>

Bio packaging provide a UN3373 Universal Mailer System this comes with a compliant secondary container, outer box , absorbent sachet and a tamper-proof mailing envelope - these come at £69.60 for 50 (price not recently updated). There are similar larget options for multiple samples.

Costs of sample packaging and postage can be reimbursed form the IONA budget on receipt of an invoice (best done annually for all items sent)