

## Skin Biopsy Kit:



**Laboratory Paperwork:**  
Requisition Form



**Fedex Packaging To Return Biopsy Sample:**  
Fed Ex Clinical Pak  
Pre- Paid, Pre-addressed FedEx mailer



**Kit Contents:**

Zamboni's Fixatives - Light Blue Top (stable at room temperature) x 3

CSR Wrap

Iodophor PVP Prep-Pads x 2

Alcohol Prep-Pads x 2

3.0MM Biopsy Punch with Plunger

Scissors

Forceps

Bandages x 2

Gauze Dressings x 2

## Skin Biopsy Specimen Collection:

- Distal lower leg 10.0 cm above the lateral malleolus (most common site)
- Distal Thigh 7.0 cm above the knee, lateral
- Proximal Thigh 20.0 cm below the anterior iliac spine, upper lateral thigh

*Biopsy of proximal and distal sites allows for assessment of length dependent processes.*

*Alternative biopsy sites are best evaluated by also submitting a punch biopsy from a similar location in the opposite non-affected limb to serve as reference control.*

## Biopsy Handling Protocol:

1. Clean the biopsy site with alcohol swabs and numb the area(s) with local anesthesia (for example 1% lidocaine or 1% lidocaine with epinephrine).
2. Use provided 3.0 mm biopsy punch; rotate with light pressure to 2/3 of its depth (2 to 3 mm).
3. Use forceps and scissors to carefully remove the biopsy specimen (do not grasp or pinch the epidermis when removing the punch biopsy as this will crush the small nerves we are measuring).
4. Immediately place the removed biopsy into the appropriate labeled specimen vial containing Zamboni's fixative and **tightly** close the lid.
5. Label specimen containers with biopsy site and two patient identifiers (e.g. name and date of birth).

**Please only transport specimens Monday-Thursday.**

**Optimal results are obtained when the specimen is not fixed for more than 24 hours.**