

**NOTE: DO NOT SHIP ON SATURDAYS OR HOLIDAYS**

This option is best for biopsies from elderly patients and/or those suspected to have an inflammatory myopathy.

**If the biopsy is from a pediatric patient or an adult patient suspected to have a metabolic myopathy, please contact us so we can discuss the triage of the sample.**

The ideal muscle biopsy from surgeon measures ~2.0 x 1.0 x 1.0 cm (+/- 0.5 for each dimension) before triage and is sharply dissected with muscle fibers oriented longitudinally. Avoid injecting biopsy tissue with anesthetic. Avoid site of prior needle EMG trauma (mimics inflammatory myopathy). Avoid stretching and cautery as much as possible. Muscle clamps not needed.

### Option 1: No separation of specimen – Not Preferred

Wrap the specimen in gauze or telfa that has been barely dampened with saline solution and place in a tightly closed water-tight container. We will separate the material upon arrival.

### Option 2: If you are comfortable separating the specimen – Preferred Method

**Separate fresh tissue specimen into 3 parts (in order of importance):**

#### Part 1: 1/2 biopsy tissue

Wrap an intact portion of the specimen (a nice belly of muscle) in gauze or telfa that has been barely dampened with saline solution and place this in a tightly closed water-tight container with cool packs. We will snap freeze the sample upon arrival.

**Please be sure that the tissue is not floating in saline or that the gauze is dripping as this will produce a suboptimal specimen that may interfere with analysis and diagnosis.**

#### Part 2: 1/4 biopsy tissue

Place portion of specimen in tightly closed vial containing formalin fixative. Ideally 1 cm or less in diameter.

#### Part 3: 1/4 biopsy tissue

Place portion of specimen in tightly closed vial containing refrigerated glutaraldehyde fixative. Small lengths of sharply dissected muscle measuring 2 -3 mm in diameter work best. (If glutaraldehyde fixative is not available, we will utilize a portion of formalin-fixed tissue for EM.)

### Shipping

Place specimen in shipping container with enough frozen cool packs to last for the anticipated one day transport time.

**We accept specimens Monday through Saturday.**

**A Muscle & Nerve Biopsy Requisition form with pertinent clinical history must accompany all specimens.**

**If transporting a specimen for Saturday delivery please call Client Relations at (501) 604-2695 by Friday at 5:00PM CST and check the shipping label with the following:**

**→ Saturday delivery**

**→ First overnight**

**Please note that it is essential that the tissue be collected and immediately triaged to avoid any deterioration of the tissue. A timely and well-performed triage allows for the most accurate pathologic evaluation of these specimens.**