



Sampling instructions – human biological materials

Sampling containers for serum, blood, and urine can be ordered from ALS Scandinavia. We recommend ordering via our website.

Serum

- Fill tubes (not containing any additive) with ca 3 ml of blood.
- Allow to coagulate in room temperature before centrifuging.
- Transfer serum to acid cleaned plastic tubes.
- Be aware of the contamination risks, especially for aluminium.

For serum analysis, tubes for trace metal analysis should be used. Serum samples can be frozen. β 2-microglobulin is determined within 24h – should preferably be sent in a separate tube (can be frozen).

Blod

- Fill a heparine-containing tube with at least 4 ml of blood.
- Turn the tube upside-down at least 5 times.

For blood analysis, tubes for trace metal analysis should be used. Whole blood should not be frozen.

Urin

For urine samples, acid cleaned plastic bottles are used (not TCA). Random samples are taken at the end of the week when the working day has ended. From non-professionally exposed subjects, sampling is done in the morning. Urine samples can be frozen.