

# Legacy Laboratory Services

## Legacy Lab Alert

March 2018

An Important Update from Legacy Laboratory Services

### Update: Transport Serum and Plasma Osmolality Specimens Frozen

As of March 13, 2018, the recommended transport temperature for serum and plasma specimens collected for osmolality testing will change to **frozen** instead of refrigerated. We want to decrease the number of serum or plasma specimens that are rejected due to instability at refrigerated temperatures (<10 hours), especially for outreach clients. We will continue to accept blood specimens arriving refrigerated as long as the age does not exceed 10 hours. A summary of specimen requirements for both blood and urine are listed in Table 1.

Table 1: Specimen Requirements – Changes are in **red font**.

Name	Osmolality, Blood	Osmolality, Urine
Mnemonic	OSMO	U OSMO
Collect	Serum or Plasma, one 5.0 mL gold (SST), 7.0 mL red or 3.0 mL mint green (lithium heparin, PST) top tube	Urine, one sterile container
Handling	Allow serum to clot completely at room temperature (minimum: SST - 30 minutes and red top tubes - 60 minutes). Preferably, centrifuge and separate serum or plasma from red blood cells ASAP.	Secure cap on collection container.
Preferred Volume	1.0 mL Serum/Plasma	5.0 mL Urine
Minimum Volume	0.25 mL Serum/Plasma <i>(0.60 mL minimum whole blood draw)</i>	1.0 mL Urine
Transport	<b>Frozen (<math>\leq -20^{\circ}\text{C}</math>)</b>	Refrigerated ( $2-8^{\circ}\text{C}$ ) or Frozen ( $\leq -20^{\circ}\text{C}$ )
Rejection Criteria	Grossly hemolyzed specimens	na
Stability	Room Temp ( $18-26^{\circ}\text{C}$ )	3 hours
	Refrigerated ( $2-8^{\circ}\text{C}$ )	10 hours
	Frozen ( $< -20^{\circ}\text{C}$ )	2 weeks

For additional information, please contact your account representative, client services or consult our website: Legacy Laboratory Client Services: 503-413-1234, 877-270-5566, [www.legacyhealth.org/labservices](http://www.legacyhealth.org/labservices)