



## Instructions for Centrifuging Lab Specimens

In order to ensure the most accurate results we ask that you please follow these guidelines for proper specimen processing:

- All specimens in a SST (serum separator tubes) tubes (Tiger/Gold Top) or Red top (no gel) tubes need to be spun down AFTER the blood has completely clotted.
- Clotting time may be anywhere from 15 to 30 minutes.
- Please make sure the sample goes from a liquid to a solid and back to a semi-liquid clot that can move freely by inversion (do not shake the tube) before spinning.
- SST/Red tops should be spun for 12-15 minutes.
- Light green top tubes may be spun immediately. Spin for 5 minutes at a speed of 3600 rpm.

### **Delayed Pickup**

Specimens that will not be received by the lab within 3 hours need to be spun down and refrigerated unless otherwise specified. If the courier will be coming before the tube has time to clot properly, please do not spin the tube. We will take care of that at the lab.

### **Plasma Requirement**

If the test requires plasma, the tube must be spun down and separated into a sterile screw cap tube within 30 minutes and stored at the specified temperature. This also applies to specimens collected in Red top tubes.

If you are unsure about the specimen requirements please call Express Lab 528-9637. You can also reference our test directory at our website: [expresslabidaho.com](http://expresslabidaho.com)

Thank you.

Express Lab