Neuromuscular/EM Specimen Collection Guide

Please call the neuromuscular laboratory at **612-873-2175** to notify the lab staff of all incoming biopsies and to request fixatives. It is most helpful to notify the lab both when a biopsy is initially scheduled and again when a biopsy is about to be delivered. This is to ensure that there is adequate staffing at the laboratory to receive and process the specimen in a timely manner.

**Phone #:** 612-873-2175  
**Fax #:** 612-904-4240  
**Email:** EMLab@hcmed.org

**Laboratory Receiving Hours:**  
7:00 a.m. – 2:30 p.m., Monday-Friday

**What to Send:**
- Neuromuscular Pathology Request Form with ordering provider’s signature
- Patient demographics and insurance face sheet
- Most recent clinic/hospital visit notes and any relevant test results
- Specimen prepared according to the following procedures

**Muscle Biopsies**

1. Send 2 unfixed muscle pieces lying on a tongue blade, wrapped in gauze that has been slightly moistened in saline, in a specimen container over wet ice or a refrigerated cold pack for STAT delivery. Muscle pieces should measure 8-10 mm in diameter (about the diameter of a pencil eraser) by at least 10 mm in length.

2. Send a third muscle piece of a similar size (roughly the size of a pencil eraser) that is held at resting length by sutures on a piece of tongue blade immersed in 4:1 EM fixative (call the lab to request fixative).
Nerve Biopsies

1. Send one piece of nerve measuring at least 10 mm (1 cm) in length wrapped in gauze that has been slightly moistened in saline.

2. Send a second piece of nerve approximately 20 mm (2 cm) in length in 3% glutaraldehyde fixative, at room temperature. Please label the proximal end of the nerve.

Shipping

Specimens must be received in the lab as soon as possible. Specimens collected within the Twin Cities metro area can be sent by our complimentary courier, TForce. To request a pick-up for fresh biopsies, you can contact our lab directly at 612-873-2175. Please enclose all necessary paperwork with the specimen and address the package to the following address:

HCMC- Electron Microscopy Lab
825 South 8th Street, Suite LL-05
Minneapolis, MN 55404

Note- If you are sending unfixed tissue from outside of the Twin Cities metro area, please contact us for more detailed specimen preparation and shipping instructions.