

## 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 ready for pick-up.

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

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

### What to Send with the Biopsy:

- Neuromuscular Pathology Request Form with clinician's signature or in lieu of signature, a copy of the electronic order for the biopsy.
- Patient demographics and insurance face sheet
- Most recent clinic/hospital visit notes and any relevant test results (EMG/NCS results, neurology notes, rheumatology notes, CK and aldolase lab results).

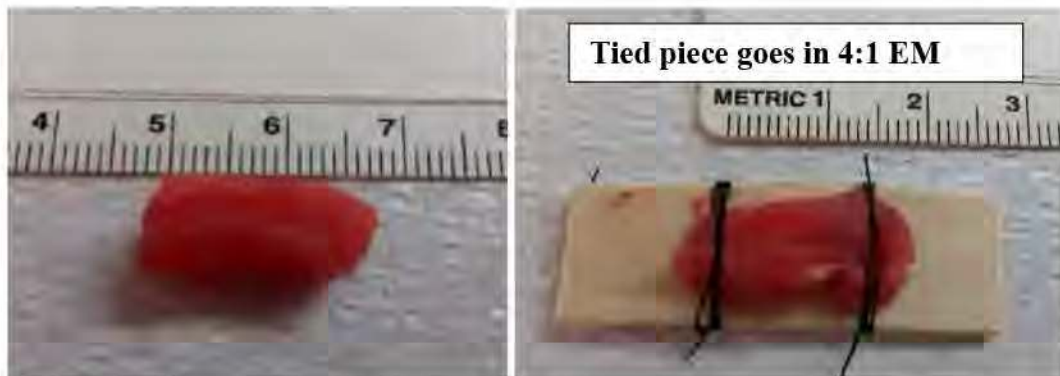
### Muscle Biopsies

Please send 3 pieces total- 2 pieces sent fresh, and 1 piece in 4:1 EM Fixative.

**Biopsy size-** Muscle pieces should measure 8-10 mm in diameter (about the diameter of a pencil eraser) by at least 10 mm in length. **Please do not cauterize tissue!**

**Fresh pieces (x2)-** should be gently placed (but not tied) on a piece of tongue depressor and wrapped in gauze that has been slightly moistened with saline and then packed in a labelled specimen container (such as a urine cup) in a bag over wet ice or a cold pack.

**Fixed Piece-** send the fixed piece held at resting length by sutures on a piece of tongue depressor immersed in 4:1 EM Fixative (supplied by our lab) that has been labelled with the patient and biopsy information.



## **Nerve Biopsies**

1. Send one piece of nerve measuring 10-20 mm (1-2 cm) in length wrapped in gauze that has been slightly moistened in saline.
2. Send a second piece of nerve approximately 10-20 mm (1-2 cm) in length in 3% glutaraldehyde fixative. Please label the proximal end of the nerve with a suture.

## **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:

### **Address for specimens sent in 2021:**

**Hennepin Healthcare Neuromuscular Lab  
825 S. 8<sup>th</sup> Street  
Suite LL-05  
Minneapolis, MN 55404**

### **New address for 2022:**

**Hennepin Healthcare Neuromuscular Lab  
716 S 7th Street  
PL.630  
Minneapolis, MN 55415**

**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.**