



UNIVERSITY *of*
ROCHESTER
MEDICAL CENTER

Neuromuscular Laboratory
601 Elmwood Avenue Room 5-5329
Rochester NY, 14621
585 275-1330

Muscle Biopsy Collection and Shipping

In an effort to ensure that all muscle biopsy samples from outside hospitals are handled properly. Here are the instructions that must be followed:

1. A **fresh frozen** piece of muscle must be shipped on dry ice to our laboratory. This is the most important sample as it yields the most information. The sample should be frozen within 30 minutes of collection and kept frozen at either -80 or in liquid nitrogen. The sample size should be at least 0.5x0.5x0.5 cm. in size. It is important that the sample is sent to us overnight on dry ice. The sample should be shipped to:

University of Rochester Medical Center
Neuromuscular Pathology Laboratory Room 5-5329
575 Elmwood Ave
Rochester NY 14642
585-275-1330

2. If unable to freeze the tissue, and within 2-3 hours from the University of Rochester send the tissue fresh via STAT courier on **wet ice**, please notify the Neuromuscular Pathology Laboratory at least 24 hours before the biopsy is scheduled, and again when courier has picked up the specimen. The phone number is (585) 275-1330.

3. Clinical history and insurance information **must** accompany the specimen. This history must include any relevant information that will assist us in interpreting the biopsy results.

4. Doctors names, addresses, and phone numbers who must be notified of the results must also be included.

5. In most cases we can fix tissue from the fresh sample for paraffin embedding or electron microscopy. If the biopsy is being done to find a Metabolic Myopathy a flash frozen biochemical piece of muscle should also be collected, and stored at -80 C or in liquid nitrogen.

7. Final results can be expected within 10 business days.