

HEPATITIS THERAPEUTIC DRUG MONITORING (TDM) SAMPLE HANDLING INSTRUCTIONS

TESTS AVAILABLE

Nucleoside analogue: Ribavirin

NtRTI: Tenofovir

SAMPLES

Blood samples should be obtained using EDTA or lithium heparin collection tubes. The blood should be centrifuged within 4h of collection. This means that pre- and post samples can be sent to the lab together. After centrifugation, plasma should be placed in a plain tube, ideally 1.5 ml screw top tubes (~48 mm x 13 mm) as these are optimal for freezer racking. Please do not overfill the tubes and allow for expansion on freezing. Ensure that the Test Request Form is completed fully; especially the dose, time since last dose and the drug to be analysed. Send at least 1 ml of plasma for up to 2 drugs. If volumes are likely to be a problem (e.g. for paediatric patients), 0.5 ml of plasma may be sufficient; however, this may only be enough for a single drug and may not allow for repeat analysis.

Trough levels are utilised to determine whether the drug is within the desired target range (i.e. to check for efficacy) and we will usually provide an interpretation of the trough level. If the patient is taking a drug twice daily and the dosing is unequal (e.g. ribavirin 400mg/600mg), it is important that you indicate on the request form which was the last dose taken.

Trough samples: A trough sample is collected at the end of the dosing interval, just before the next dose is due. The actual time depends on how often the patient is taking the drug. For a twice daily regimen it is 12 h post dose (we can utilise samples taken between 10-14 hours); for a once daily regimen it is 24 h post dose (we can utilise samples taken between 20-28 hours). If a patient is coming to clinic for TDM in the morning, it is important that they do not take their morning tablets, but bring them to take after the blood sample has been collected.

SAMPLE STORAGE

If collection and transport of the samples is to occur on the same day, the samples should be kept in a fridge at 4°C prior to transport. If transport is to be later than 24h after collection, plasma may be stored at -20°C (or lower) and allowed to thaw in transit.

TEST REQUEST FORM

Please ensure that you complete the Test Request Form as thoroughly as possible to aid us in the interpretation of the results. Please ensure that the samples are anonymised and that the full name of the patient does not appear on the form or the sample tube(s). Do not staple the form to sample bags as this presents a hazard in the laboratory. The form is available from Lab21 Customer Services.

TRANSPORT

We are a member of the DX network, and samples sent using DX should be sent Monday-Thursday. Samples may also be sent using First Class post as long as all the requirements for the packaging of diagnostic specimens and, where relevant, dry ice are met. If you use First Class Post, please send samples early in the week (Monday-Wednesday) so that packages will not remain in transit or storage over the weekend.

RESULTS

Samples will be analysed as soon as possible and within 14 working days of sample receipt. Results will be emailed as PDF files to the recipients nominated on the Account Set-Up Form.

PHARMACEUTICAL SCHEMES

Various schemes are in place where companies will meet the full or partial cost of analysis if patients meet certain criteria. Details are available from Lab21 Customer Service and from pharmaceutical company representatives. When samples are analysed for a drug under a scheme, the company will be invoiced directly for the cost of the analysis of the relevant drug(s).

DELIVERY ADDRESS AND CONTACT DETAILS

1st Class post

Lab21 Ltd
184 Cambridge Science Park
Cambridge CB4 0GA

DX

Lab21
DX 6055300
Cambridge 94 CB

Customer Services

T 01223 395 450
F 01223 395 451
E info@lab21.com
W www.lab21.com