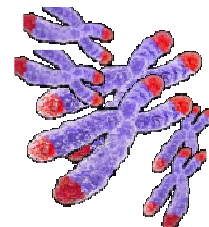


**TELOMERE LENGTH
EVALUATION OF BIOLOGICAL AGE
Instructions for Sample Collection and Shipment**



A. INSTRUCTIONS TO PHYSICIANS

- I. Ask the Sales Department or Customer Care for specific sampling kits, which consist of: plastic bag identified as “Telomere Length”, 3 tubes of 4 ml sterile lithium heparin (code LT0106 or LT2007); several documents (technical sheet, instructions for sample collection and shipment, informed consent, control sheet, letter to the patient and test request) and a set of coded labels / stickers to ensure patient anonymity.
- II. Each kit has a set of 6 labels / stickers interrelated to be used as follows:
 1. Sticker "Informed Consent": must be attached to the “Informed Consent” document. The patient must fill in this document, which you must keep in order to enforce the law (you are advised to send a photocopy to the lab).
 2. Sticker "Control Sheet" must be attached to the “Control Sheet” document, which enables you to associate the report to the patient's name. Moreover, it also has the access codes to the online medical questionnaire in case the patient loses his or her codes. This document must be kept by you.
 3. Sticker "Request for Test” must be attached to the document requesting the analysis (i.e. “The Request”). This document must be sent to the laboratory along with the patient sample.
 4. Sticker "For Patient" should be attached to the document labelled as “Letter to the Patient” which must be handed out to the patient. This sticker has unique user names and passwords which will allow the patient to access the online Anonymous Questionnaire (www.lifelength-questionnaire.com). It is compulsory for the patient to complete the questionnaire. No sample will be processed without first have completed the questionnaire.
 - 5/6. Stickers to label the three sampling tubes provided in the kit. For more information, see the instructions for sampling and shipping (next page).

B. INSTRUCTIONS FOR SAMPLE COLLECTION AND SHIPMENT (FOR STAFF RESPONSIBLE FOR THE COLLECTION)

IMPORTANT

- The test should not be performed in patients who have a flu, fever, etc., as this could affect the results.
- Do not send blood samples which show hemolysis or clots.
- Do not make sample collections on Fridays, Saturdays and on the day before public holidays (see calendar of the central laboratory in Barcelona). Better not to make sample collections on Thursdays neither.
- You must send the samples on the same day of collection. Before proceeding to sample collection, make sure you can send the sample the same day.
- Samples should be received in the central laboratory in Barcelona during the following 24 hours after the collection.

1. Contact the person listed in LABCO in order to request the sample pick up before proceeding to sample collection.



2. Take 10 mL samples of whole blood with the 3 sterile lithium heparin tubes (LT0106 or LT2007 codes) provided in the kit. Ensure that the tubes are filled up completely.

Note: The patient does not need to be fasting. It is convenient to record the medication the patient is taking.

3. Make sure to attach correctly the identifying stickers on each tube. Indicate the date and time of collection as well as the initials of the person who made the collection, on the "Request for Test" document.
4. Immediately after the collection, the tubes must be moved up and down to ensure that the blood is well mixed with the preservative. **NEVER SHAKE THE TUBE.**
5. The blood samples must be maintained at all times at 4° C after collection and during shipment to the laboratory.
6. Place the tubes in the plastic bag in the kit, along with "Informed Consent" and the "Request for Test" documents. Place the plastic bag in the refrigerator for transport, together with a previously frozen cooling device. It is **ESSENTIAL** that a cooling device accompanies the sample.

For questions about the preparation and shipment of samples, please contact:

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