Patient Information - Required
Complete the “Muscle Histochemistry Patient Information Sheet” (MML Supply T361 or included in the kit). Attach any pertinent information, such as the suspected clinical diagnosis, serum creatine kinase level, results for collagen vascular disease enzymes, electromyographic (EMG) studies, and specific neurologic findings. Also, be sure to indicate the address or addresses where results should be sent. Failure to complete this information and send it along with the specimen will delay the results and interpretation of the muscle specimen testing.

Instructions for Collecting and Sending Muscle Biopsy Specimens for Histochemical Study at Mayo:

Muscle Biopsy Collection Requirements and Precautions
1. Obtain biopsy from a muscle that is definitely affected, but not so severely affected that much of it is replaced by fatty or fibrous connective tissue. This usually means a -1 to -2 rating on the Mayo Clinic manual muscle testing scale, or a 3 to 4 rating on the MRC scale
   - The involved muscle should not have been previously traumatized by injections or by EMG studies.
   - Typically, the triceps, biceps or vastus lateralis is chosen.
2. Biopsy should be approximately 1.5 cm X 0.5 cm specimen, and dissected with minimum trauma along the long axis of the muscle fibers. If extra studies are needed, then another piece of similar size should be obtained.
   - Do not use electrocautery or a muscle clamp in removing the specimen.
   - If a muscle biopsy is received in a clamp or another apparatus, remove the specimen from it immediately.

Freezing Method – Utilize one of the two approved methods of freezing below
***Freeze the muscle specimen so all fibers are oriented in the same direction.
- The specimen should be blotted with an absorbent towel to extract excess moisture before flash-freezing.
- Do not use a mounting medium such as OCT when freezing the specimen.
- Do not leave forceps impressions in the muscle.
- Do not use pin/needles, tongue depressors, or a muscle clamp.
- Do not wrap muscle in tin foil.
- A well-frozen specimen should have a white chalky color.
- Never place the frozen specimen in an unchilled container as the specimen will thaw before it freezes again.
- The specimen can be stored at -70°C but must not thaw between the time of initial freezing and shipment.

Note: If biopsy is taken on Thursday or Friday, flash freeze using one of the approved methods and store at -70°C until specimen can be sent the following Monday.

METHOD 1: ISOPENTANE – LIQUID NITROGEN FREEZING (preferred)
1. Puncture lid of a screw cap specimen container to allow excess isopentane to evaporate.
2. Place plastic screw-cap specimen container in -70°C freezer or on dry ice to pre-chill.
3. Add 50–100 mL of isopentane (2-methylbutane) to a Nalgene® or metal beaker. Suspend the beaker in a bath of liquid nitrogen and wait until the isopentane freezes to a white, chalky substance. Remove the beaker from the nitrogen bath. Carefully drop or set the muscle on the frozen isopentane while keeping the muscle fibers straight and running in the same direction.
4. The isopentane will start to thaw as soon as it contacts the warmer muscle specimen. At this point, it is important to swirl the beaker around so that the specimen will continue to contact the colder, frozen isopentane.
5. The total freezing period should take approximately 10-15 seconds.
6. After removing the specimen from the isopentane, immediately place the tissue in the container that has been pre-chilled on dry ice. Do not wrap in foil.
7. Place cover on container.
8. Keep specimen frozen at -70°C or on dry ice from this point on.

METHOD 2: SLURRY METHOD
1. Puncture lid of a screw cap specimen container to allow excess alcohol/acetone to evaporate.
2. Place plastic screw-cap specimen container in -70°C freezer or on dry ice to pre-chill.
3. Wrap solid dry ice in a towel, pulverize it with a hammer, and then pour the powder to fill a 200 mL beaker.
4. Slowly add 100% alcohol or acetone and stir the mixture. At least 80% of the total volume of the slurry should consist of dry ice and only 20% of alcohol or acetone.
5. When the slurry nearly stops bubbling, its temperature has fallen to about -70°C, and it is suitable for flash-freezing. Keep adding dry ice as needed to reach this point. The final product should resemble a “snow cone.”
6. Hold the biopsy specimen with a forceps, and plunge it into the slurry quickly. Swirl the specimen in the slurry for 10–15 seconds, remove it, and quickly blot dry with absorbent towel to remove excess alcohol/acetone.
7. Immediately place tissue in specimen container that has been pre-chilled on dry ice. Do not wrap in foil.
8. Place cover on container.
9. Keep specimen frozen at -70°C or on dry ice from this point on.

Note:
- Avoid prolonged immersion in the quenching mixture, as the specimen becomes permeated with alcohol or acetone which inhibits enzyme studies by histochemical methods.
Packaging

- Use Muscle Biopsy Shipping Kit (MML Supply #T541) Call 1-800-533-1710 to order
- Place the transport vial with the flash-frozen specimen in the yellow frozen tissue bag with absorbent cloth and seal the bag
- Place the completed Muscle Histochemistry Patient Information Sheet and any appropriate clinical history in the pocket of the bag
- Store the specimen in -70°C freezer or liquid nitrogen until retrieved by courier or ready to prepare for shipping to Mayo Medical Laboratories

Shipping

**SEND MONDAY, TUESDAY, WEDNESDAY ONLY**

If using a Courier service

- One day before shipping, contact Client Services at Mayo 1-800-533-1710 and ask for Transportation. Alert transportation that a muscle biopsy will be shipped from your institution. Transportation will notify your courier to bring extra dry ice for packaging.

If shipping via FedEx

- Pack specimen in 8-10 lbs of pellet or small particle dry ice so the specimen is surrounded by the dry ice.
- Send using express overnight delivery. Send Monday, Tuesday, or Wednesday only. If collected Thursday or Friday, hold in -70°C freezer or liquid nitrogen until it can be shipped on the following Monday.
- Shipping address:
  Mayo Medical Laboratories
  Attn: Muscle Sample Enclosed
  3050 Superior Drive NW
  Rochester, MN 55901

Questions

If there are questions related to specimen preparation, contact:
  Mayo Clinic Muscle Laboratory
  Phone 1-800-533-1710 and ask for the muscle biopsy lab or phone directly at 507-284-5100.
  Fax: 507-284-5831

To review clinical problems with the clinician before the biopsy is performed, contact:
  Andrew G. Engel, M.D.  Mayo Clinic
  Phone 507-284-5102

To order Muscle Biopsy Shipping Kits (MML Supply #T541)
  Phone 1-800-533-1710 or visit www.mayomedicallaboratories.com