

## MITOCHONDRIA RESEARCH LABORATORY

### PROTOCOL FOR SENDING MUSCLE BIOPSY

The protocol for taking a muscle biopsy, handling and sending of sample is as follows:

- Prior arrangements must please be made with the Mitochondria Research Laboratory ([Francois.vanderwesthuizen@nwu.ac.za](mailto:Francois.vanderwesthuizen@nwu.ac.za) at 018 299 2318 or 299 4074).
- A minimum of 100mg muscle sample from *vastus lateralis* is required (size:  $\pm$  half the size of a ten cent coin)
- More than the mentioned sized is not necessary, except if microscopy must be done.
- The biopsy must be placed as is (without any addition) in a micro-centrifuge tube (e.g. 1.5ml polypropylene, preferably) or larger. Place tube on ice as soon as possible after it's been taken.
- Freeze the tube with sample as soon as possible (not later than 1 hour after taken) in liquid nitrogen or at  $-80^{\circ}\text{C}$ . Store sample frozen at  $-80^{\circ}\text{C}$  until it can be transported to the lab.
- Prior to sending the sample, please notify [Francois.vanderwesthuizen@nwu.ac.za](mailto:Francois.vanderwesthuizen@nwu.ac.za) at or 018 2992318 and send the sample to address below.
- Send sample (preferably early in the week to prevent weekend delays) with courier service. The sample should be sent in a polystyrene box with **sufficient dry ice** (sample must be kept frozen at all times).

(Indicate “**Urgent Muscle sample on Dry Ice**”)

To: Prof FH van der Westhuizen

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