Guidelines for sample collection and handling

Sample collection

Ideally, the sample will be collected first thing in the morning after an overnight (~12 hour) fast. A small amount of roughage (hay) or forage (grass) consumed overnight is ok. If the sample is taken at least 6 hours after a meal then the sample will also be considered fasted, however if large amounts of pasture have been consumed before sample collection this is not considered a fasted sample.

It is best to avoid taking the blood sample when the horse/pony is very painful as this will falsely elevate results. If possible, it is desirable to revisit the horse/pony 24-72 hours after your initial diagnosis to collect the sample when pain is reduced/managed.

**Please note: These are sampling guidelines only and all samples will be accepted. However, please indicate the timing and fasting state of the sample on both the laboratory submission form and the questionnaire.

Sample handling

Collect 10-20mL of blood by jugular venipuncture. Place 5-10 mL of blood into a cold, plastic EDTA tube for ACTH analysis. Place a further 5-10mL of blood into a plain tube (serum) or a lithium heparin tube (heparinised plasma) for insulin analysis.

Sample tubes should be wrapped in newspaper/bubble wrap, packaged with an ice brick and couriered to the participating laboratory as soon as possible. If a delay in sample submission is expected the EDTA tube should be centrifuged and the plasma separated and frozen within 8 hours.

Please use the unique sample submission form provided. If you need a copy of this form please contact the study investigator at melody.delaat@qut.edu.au.

Please ensure the sample is submitted via the participating laboratory’s courier service with the appropriate billing code. This will ensure that courier costs are paid by the study investigators. You will also need to ensure an electronic notification of incoming consignment has been completed by the courier so that the laboratory knows to follow up if the sample does not arrive.

Remember, your results will not be sent to you by the study investigator until you have completed the appropriate questionnaire!