

Specimen Requirements for THSteps HIV and Dyslipidemia Screening

Specimen Collection Supplies

- Red top kit = 6mL venous red top BD Vacutainer tube, pipette, & serum transport tube
- OR**
- Gold top BD Vacutainer serum separator tube, 5mL venous

Specimen Requirements

- The preferred specimen type is serum.
- Collect **2** tubes of serum specimen when ordering **both** HIV and dyslipidemia screening, one for HIV and one for dyslipidemia screening.
- Collect 1 tube of serum specimen when ordering either HIV or dyslipidemia screening.
- If the RPR test is also needed, the HIV specimen can be used. If a Glucose test is also needed, the dyslipidemia specimen can be used.

Specimen Collection

- Spin down red top or gold top tubes within two hours of collection.
- Transfer the serum from a red top tube into a transport tube with appropriate label. Keep it frozen until ready to ship to the DSHS Laboratory.
- To avoid unsatisfactory results, serum should always be transferred to serum transport tubes before being frozen.
- Store the gold top specimens at 2-8°C. **DO NOT FREEZE GOLD TOPS.**
- Complete the G-THSTEPS specimen submission form.

Specimen Storage and Shipping

- Frozen serums for HIV (and RPR) and dyslipidemia (and glucose) screening should be shipped to the DSHS Laboratory within 7 days of collection.
- Cold serums must be received by the DSHS Laboratory within the following timeframes:
 - HIV and RPR – within 5 days from date of collection
 - Dyslipidemia – within 7 days from date of collection
 - Glucose – within 3 days from date of collection
- For detailed instructions on packing frozen serum specimens for shipping, visit our website at http://www.dshs.state.tx.us/lab/mrs_shipping.shtm#lipid.
- For detailed instructions on packing temperature sensitive specimens for shipping, visit our website at http://www.dshs.state.tx.us/lab/mrs_shipping.shtm#Samples2.