

A review of sample handling considerations for reproductive and thyroid hormone measurement in serum or plasma

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Abstract

Inappropriate sample handling of blood, serum or plasma collected for the determination of hormone concentration may lead to inaccurate endocrine data and diagnoses. Many useful studies have been conducted to determine the potential effects of sample handling on measured hormone concentration. Unfortunately, because reported results frequently differ according to assay method, species studied and parameters measured, it is not always possible to predict the effect of specific sample handling scenarios as they are presented in practice. The objective of this review is to provide a summary of what has been reported in the literature regarding sample-handling procedures that may affect the measurement of hormone concentration in plasma or sera from animals being evaluated for reproductive function.

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Inappropriate sample handling of blood, serum or plasma collected for the determination of hormone concentration may lead to inaccurate endocrine data and diagnoses. Veterinary diagnostic laboratories share a mission to provide accurate and quantitative analyses of hormone concentration in samples originating from various species and localities. Laboratories meet specific standards for laboratory service and participate in internal and external proficiency testing programs. Each endocrinology laboratory is expected to establish quality assurance and quality control procedures that provide guidelines for assuring that the data generated are accurate and reproducible. In addition to “minding the store” in these ways, laboratory diagnosticians depend upon the participation and knowledge of veterinarians with respect to appropriate sample handling in order to deliver meaningful diagnostic data.

Referral laboratories provide sample collection directions, but ultimately, they have limited control over the actual collection procedures used. As a result, the integrity of incoming samples is highly variable. As a general rule, sample integrity and analyte stability will be preserved if samples are collected into the correct type of tube to yield plasma or serum, allowed to fully clot if serum (60 min), or centrifuged as soon as possible, if plasma. Generally, serum separator tubes are to be avoided. Serum separator tubes can be problematic because of the potential for the gel layer to be disrupted during shipping. Furthermore, when chemiluminescent assay is used, some hormones are measured inaccurately when these certain types of these tubes are used [32,44]. The plasma or serum should be placed into a plastic tube and kept cool or frozen until analyzed. Typically this means sending the sample in an insulated container to arrive at the laboratory within a short interval. Laboratory sample handling recommendations are provided to optimize success, and are predictably more restrictive than they may need to be based on published studies.

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Frequently, questions arise about the suitability of samples that were collected under less than these ideal conditions. Occasionally it is difficult to centrifuge a sample within 40 min and more than one clinician (or technician or endocrinologist!) has had the experience of realizing that a sample has been left at room temperature for longer than recommended. The most common questionable scenarios relate to anticoagulant choice, use of serum separator tubes, time interval prior to centrifugation, and the effects of storage temperature and time on whole blood, plasma or serum. In recent years, assay methodology has become a procedural feature that may also affect the accuracy of endocrine data interpretation. Many laboratories now utilize more than one type of assay system. It is not uncommon for laboratory personnel to use radioimmunoassay (RIA), enzyme-linked immunosorbent assay (ELISA) or chemiluminescent assay systems to measure hormone concentration in samples. Different methodologies may require different handling procedures.

Many useful studies have been carried out to determine the potential effects of sample handling on measured hormone concentration. Unfortunately,

because reported results frequently differ according to assay method, species studied and parameters measured, it is not always possible to predict the effect of specific sample handling scenarios as they are presented in practice. In this review, sampling handling features that may affect the measurement of hormone concentration in sera from animals being evaluated for reproductive function are summarized.

Most commonly, reproductive hormone testing will include the measurement of steroids (progesterone and testosterone); pituitary hormones (luteinizing hormone (LH) and follicle stimulating hormone (FSH)), and thyroid hormones (thyroxine (T4 and Free T4), triiodothyronine (T3), thyrotropin (TSH), and thyroglobulin autoantibodies (TgAA)). The objective of this review is to provide a summary of what has been reported in the literature regarding sample handling procedures for these hormones in several species. The information summarized in Table 1 is offered as a resource for those collecting samples, especially if a particular sample was handled differently than what is recommended by the referral laboratory. Data and references are provided which will provide

Table 1
Features of blood collection, processing and storage for measurement of commonly requested reproductive and thyroid hormones

Hormone	Handling feature	Summary	Species	Reference
Follicle stimulating hormone (FSH)	Sample type	FSH concentration was the same when measured in serum or plasma (H, EDTA, fluoride)	Human	[1]
	Pre-centrifugation storage	FSH was stable in heparinized blood stored for 48 h at 22–26 °C and for 1 wk at 4 °C	Human	[2]
		FSH concentration was stable in EDTA-treated blood stored for 24 h at 4 or 24 °C	Human	[3]
	Time of day	FSH secretion is episodic. The pulse pattern varies depending on estrous cycle phase	Canine	[4]
	Post-centrifugation storage	FSH concentration was stable in plasma (EDTA, H and fluoride) and serum for 24–120 h when stored at 4 and 30 °C	Human	[1]
		FSH concentration was stable in plasma (EDTA) for 8 d when stored at 4 and 20 °C	Human	[5]
	Repeat freeze–thaw cycles	Several (4–10) freeze–thaw cycles did not affect FSH measured in plasma (EDTA)	Human	[5,6]
Luteinizing hormone (LH)	Sample type	LH concentration was the same in serum and plasma (H)	Human	[7]
		LH concentration was the same when measured in serum or plasma (EDTA, H, fluoride)	Human	[1]
		LH concentration was the same in serum, H or EDTA plasma	Bovine	[8]
	Time of day	LH secretion is episodic. Pulse pattern varies with estrous cycle	Canine, Bovine	[4,9–11,12]
	Pre-centrifugation storage	LH concentration in heparinized and untreated blood stored at 4 and 22 °C was stable for 24 and 4 h, respectively	Human	[7]
		LH concentration in blood collected into EDTA tubes was stable at 4 or 24 °C for 24 h	Human	[3]
		LH concentration in blood without anticoagulant and in heparinized and EDTA-treated blood was stable when stored at 4 °C or room temperature for 72 h	Bovine	[8]

Table 1 (Continued)

Hormone	Handling feature	Summary	Species	Reference
Progesterone	Post-centrifugation storage	LH concentration in heparinized plasma was stable at 22 °C for 24 h	Human	[7]
		LH concentration in plasma (EDTA, H and fluoride) and serum was stable at 4 °C for 5 d	Human	[1]
		LH concentration in plasma (EDTA) was stable at 4 and 20 °C (but not 37 °C) for 8 d	Human	[5]
		LH concentration in serum and plasma (H, fluoride) decreased when stored at 30 °C for 5 d	Human	[1,5]
		LH concentration in plasma (EDTA) and serum did not change after 4–10 freeze–thaw cycles	Human	[5,6]
	Effect of long-term storage	LH concentration in plasma (H) was unchanged after 9 mo of storage at –70 °C	Human	[7]
	Sample type	EDTA may affect chemiluminescent assays	Canine	[13,19]
		Progesterone concentration measured by qualitative ELISA was higher in whole blood than in plasma (H)		
		Progesterone concentration measured by ELISA were higher in serum than in plasma (EDTA, H and fluoride)	Llama	[14]
		Serum and plasma (H, EDTA, fluoride) concentration did not differ		
		Progesterone concentration was higher in serum when Becton Dickinson Vacutainer SST were used to collect blood for use with a chemiluminescent assay	Human	[44]
	Assay method	EDTA may affect chemiluminescent assays	Bovine	[15]
		Progesterone concentration in heparinized blood was higher than in serum		
		Accuracy was variable depending upon method	Canine, Feline	[16,17]
		Progesterone concentration measured in serum and plasma using RIA was higher than concentration measured using a chemiluminescent method	Canine	[18]
		Progesterone concentration measured in serum using ELISA was higher than that measured in plasma (H, EDTA, sodium fluoride oxalate potassium)	Canine	[19]
	Time of day	Progesterone concentration measured in plasma (H) using ELISA was higher than concentration measured using RIA	Equine	[48]
		Progesterone concentration in serum was higher at 0800 h than at 1500 h in pregnant animals	Canine	[20]
		Progesterone concentration in serum was higher at 1800–2000 h than at 0800–0900 h in proestrous and estrous bitches. This pattern reversed after ovulation	Canine	[19]
		Progesterone concentration declined rapidly (within 4 h) in untreated clot and SST and in heparinized and EDTA-treated whole blood stored at 4, 20–22 or 37–40 °C	Bovine	[8,15,21,22, 23,25]
		Progesterone concentration was stable in serum and heparin-treated whole blood stored for 6 h at 4 or 20 °C	Porcine, Canine, Equine	[15,21]
	Pre-centrifugation storage	Progesterone concentration was stable in heparinized whole blood and whole blood collected without anticoagulant when stored for 48 h at 4 or 22 °C	Canine	[18]
		Progesterone concentration declined within 2 h when whole blood without anticoagulant was refrigerated after collection. Progesterone was stable if blood was held at room temperature for the first 2 h prior to centrifugation		
		Progesterone concentration was stable in whole blood collected without anticoagulant, but not in heparinized blood when stored at 22 °C for 6 h	Ovine	[15]
		Progesterone concentration decreased blood treated with heparin, EDTA or fluoroide and stored for 24 h at 22 °C	Caprine	[24]
		Progesterone concentration was stable in untreated whole blood and in heparinized and fluoride-treated blood stored for 24 h at 4 and 22 °C	Llama	[14]

Table 1 (Continued)

Hormone	Handling feature	Summary	Species	Reference
Progesterone	Post-centrifugation storage	Progesterone concentration decreased in plasma (EDTA) and serum when stored for 6 h at 40 °C, and in plasma (EDTA) and serum when stored for 24 h at 4 °C	Bovine	[22]
		Progesterone concentration was stable in serum when stored for 8 d at –20 or 4 °C	Bovine	[8]
		Progesterone concentration was stable in serum stored for 18–22 h at 4 or 22 °C	Canine, equine	[25]
		Progesterone concentration decreased in whole blood stored at room temperature for 18 h	Equine	[25]
	Lipemia	Did not affect serum or plasma (H, EDT) progesterone measurement	Canine	[38]
	Hemolysis	Did not affect measured concentration of progesterone in plasma (EDTA)	Bovine, Equine, Canine	[25]
	Repeat freeze–thaw cycles	Progesterone concentration measured in serum decreased by 1% for each (up to 10) cycle	Human	[6]
	Pre-centrifugation storage	Stable in plasma from heparinized blood stored at 4 or 22 °C for 4 d	Human	[26–28]
	Time of day	Secretion is episodic. Diurnal and seasonal rhythms have been reported in some species	Human, Canine	[29,30]
	Post-centrifugation storage	Stable in serum or plasma (H) when stored at –28, 4 or 22 °C for 4 d	Human	[26]
Testosterone	Lipemia	Did not affect serum or plasma (H, EDT) testosterone measurement	Canine	[38]
	Repeat freeze–thaw cycles	Plasma concentration (H) did not change after 10 freeze–thaw cycles	Human	[26]
		Concentration was stable in plasma (H) stored at –25 °C for 3 y	Human	[27]
	Pre-centrifugation storage	Stable in plasma from heparinized blood stored at 4 or 22 °C for 4 d	Human	[26–28]
	Time of day	Secretion is episodic. Diurnal and seasonal rhythms have been reported in some species	Human, Canine	[29,30]
	Post-centrifugation storage	Stable in serum or plasma (H) when stored at –28, 4 or 22 °C for 4 d	Human	[26]
Total T4, thyroxine	Lipemia	Did not affect serum or plasma (H, EDT) testosterone measurement	Canine	[38]
	Repeat freeze–thaw cycles	Plasma concentration (H) did not change after 10 freeze–thaw cycles	Human	[26]
		Concentration was stable in plasma (H) stored at –25 °C for 3 y	Human	[27]
	Sample type	T4 was lower in heparinized plasma than in EDTA plasma or serum	Canine	[31]
		T4 concentration in serum and plasma (EDTA and H) did not differ	Bovine	[8]
		T4 concentration may be 20–30% overestimated when Becton Dickinson Vacutainer SST are used to collect blood for use with chemiluminescent assay	Human	[32]
	Assay method	EDTA may affect chemiluminescent assay results	Canine, Feline	[33]
	Time of day	Accuracy of ELISA methods for T4 concentration measurement was variable	Canine, Feline	[33]
	Pre-centrifugation storage	Fluctuations in baseline values will occur, but diurnal rhythms have not been documented	Canine, Feline	[34,35,49]
		T4 concentration did not change in heparinized or EDTA-treated whole blood stored for 72 h at 4 °C or at room temperature	Canine, Bovine	[31,36,8]
T3, triiodothyronine		T4 concentration collected in whole blood was stable after storage for 24 h at room temperature	Equine	[37]
	Post-centrifugation storage	T4 concentration was stable in serum stored for 8 d at –20 °C, 4 °C or room temperature	Canine	[25,31,36]
	Lipemia	Did not affect serum or plasma (H, EDTA) T4 measurement	Canine	[38]
	Hemolysis	Did not affect serum or plasma (EDTA) T4 measured by RIA (does affect measurement by chemiluminescence)	Equine	[25]
	Repeat freeze–thaw cycles	T4 was stable after 8 freeze–thaw cycles	Canine	[31]
	Fasting	Serum T4 concentration was not affected by 12, 18, 24, or 36 h fast	Canine	[39]
	Type of sample	T3 can be 20–30% elevated when Becton Dickinson Vacutainer SST are used to collect serum for use with chemiluminescent assay	Human	[32,44]
		T3 concentration in serum and plasma (EDTA and H) did not differ	Bovine	[8]
		EDTA may affect chemiluminescent assays		

Table 1 (Continued)

Hormone	Handling feature	Summary	Species	Reference
Free T4 by dialysis (fT4D)	Time of day	T3 secretion is episodic, but diurnal rhythms have not been reported	Canine	[34,35,49]
	Pre-centrifugation storage	T3 concentration was stable in whole blood collected in EDTA-treated tubes and stored for 72 h at 4 °C or at room temperature	Canine, Bovine	[25]
	Post-centrifugation storage	T3 concentration was stable in serum stored for 8 d at 4 °C or 22–26 °C T3 concentration declined in serum stored for 7 d at 22 or 37 °C	Canine	[8,25,40]
		T3 concentration was stable in serum stored for 19–22 mo at –20 °C	Equine	[37]
	Hemolysis	T3 was not affected by plasma (EDTA) hemolysis when measured by RIA. T3 may be affected by hemolysis when measured with chemiluminescence	Canine, Equine	[25]
	Fasting	T3 concentration did not change after a 12, 18, 24 or 36 h fast	Canine	[39]
	Sample type	Plasma (EDTA) fT4D concentration was greater than serum concentration after 5 d storage at –20 °C	Canine	[36]
	Time of day	See total T4 comments		
	Assay method	Free T4 concentration can be measured by standard equilibrium dialysis (SED), radioimmunoassay (RIA) or modified equilibrium dialysis (MED). Serum fT4 concentrations were comparable when SED and MED were used. There were significant differences between RIA's and between RIA and dialysis assays. Results were lower when measured by RIA. The MED assay was determined to be the best choice	Canine	[41]
	Post-centrifugation	fT4D concentration (serum, EDTA) did not change after storage for 1 or 5 d at –20 °C. However, concentration increased significantly after storage at 37 °C	Canine	[36,40]
TSH, thyrotropin	Storage tube	fT4D concentration increased after storage of plasma (EDTA) or serum at 37 °C in glass compared with plastic. These differences were not apparent if samples were assayed immediately or stored at –20, 4 or 22 °C	Canine	[36]
	Hemolysis	Hemolysis affected (reduced) serum fT4 concentration measurement when ELISA method was used	Canine	[42]
	Sample type	TSH concentration measured in EDTA plasma was lower than that measured in serum Avoid EDTA, SST and hemolysis if chemiluminescent assay is used	Canine Human	[45] [32]
	Assay method	Correlation between methods varies	Canine	[43]
TSH, thyrotropin	Time of day	Fluctuations in baseline values will occur, but diurnal rhythms have not been documented	Canine	[45,46,50]
	Post-centrifugation	TSH was stable in serum stored at 4 and 20 °C for 4 d, and for 2 months when stored at –20 °C	Canine	[40,45,46,47]
	Hemolysis	Avoid hemolysis if chemiluminescent or ELISA assay is used	Human	
TgAA, thyroglobulin autoantibody	Sample type	Serum is preferred. Avoid lipemia, hemolysis, hyperbilirubinaemia	Canine	[40]
	Storage	Avoid freeze–thaw cycles	Canine	[40]

H = heparin; SST = serum separator tubes; EDTA = ethylenediaminetetraacetic acid; ELISA = enzyme linked immunosorbent assay; RIA = radioimmunoassay.

insight regarding potential consequences of handling a sample in a 'unique' way. Some inadvertent sample-handling scenarios may not require re-collection. Alternatively, if the sample is truly inappropriate for

delivering accurate diagnostic information, interpretive confusion will be avoided by promptly repeating the sample collection according to recommended procedures.

Endocrine diagnostic testing is affected by many factors (medication, stress, concurrent illness, and individual animal characteristics such as age, breed, gender and reproductive state), and interpretation of endocrine data is sufficiently complex. Minimizing the effects of sample handling on hormone concentration measurements will remove at least some of the variability that can be a feature of endocrine diagnostics.

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