

# PRACTICE TIPS: Multi-pathogen test (K101) and Mould contamination (K611)

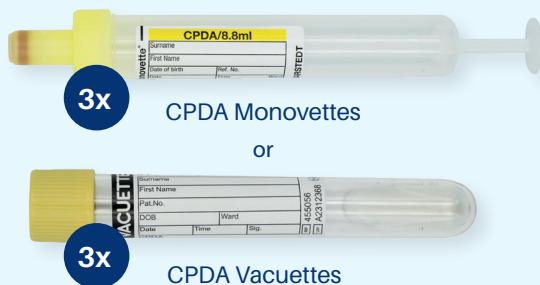
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## Important information regarding blood sampling for cytokine release tests:

- Drink one glass of water (approx. 200 ml) per hour within 2 hours before the blood sample is taken.
- Athletes must refrain from any sporting activity for at least 48 hours before the sample is collected.
- The patient must remain seated for at least 10 minutes before the sample is drawn to ensure a resting heart rate.
- Allow the disinfectant to take effect and dry completely before collecting the blood.
- Monovette/Vacutainer should always be completely filled (discard any tubes that are not completely filled).
- Draw the blood slowly to minimise platelet activation when using Monovettes.
- Immediately after collection, invert the Monovette/Vacutainer 3 times (do not shake).
- Store the collected blood sample at room temperature, protected from light!

## Required sample materials for cytokine release tests:



Please do not use BD Vacutainer  
ACD tubes made of glass.

K101 Multi-pathogen test **NEW**  
(Cytokine Release) 3CPDA EXP

K611 Mould Contamination **NEW**  
(Cytokine Release) 3CPDA EXP

Blood sampling and sample  
submission  
for K101 only  
**Monday to Thursday**

Blood sampling and sample  
submission  
for K611 only  
**Monday to Wednesday**

## Proper labelling of shipping bags for cytokine release tests:

Due to the complex logistical processes in the laboratory, it is necessary to clearly label the samples on **both sides** of the **outer** shipping bag using the red sticker. This allows samples to be recorded promptly and integrated into the automated processing system within the required time frame.

You may order the red stickers for cytokine release tests via our material order form.

Thank you for your assistance.



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