



SRI NATHELLA SAMPATHU CHETTY CLINICAL LABORATORY,  
SANKARA NETHRALAYA  
(UNIT OF MEDICAL RESEARCH FOUNDATION)

2023

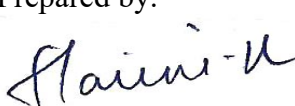
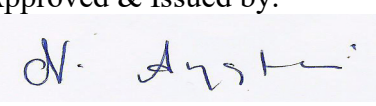
DIRECTORY OF SERVICES


# DEPARTMENT OF

# CLINICAL & SPECIAL

# BIOCHEMISTRY

S.No	TABLE OF CONTENTS	Page No.
1.	<b>General Instruction on Sample Collection</b>	2 - 4
2.	<b>Test Master List / Turn Around Time</b>	5 - 10
3.	<b>Acceptance and Rejection Criteria</b>	11 - 13

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 1 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	

	<b>SRI NATHHELLA SAMPATHU CHETTY CLINICAL LABORATORY, SANKARA NETHRALAYA</b> (UNIT OF MEDICAL RESEARCH FOUNDATION)	<b>2023</b>
	<b>DIRECTORY OF SERVICES</b>	

**GENERAL INSTRUCTION ON SAMPLE COLLECTION**

**CLINICAL BIOCHEMISTRY:**

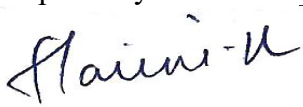
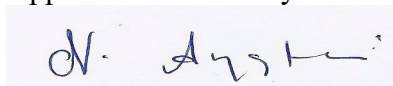
**1. Instructions for routine blood investigation:** Clinical Biochemistry:

**1.1. Fasting blood sugar (FBS):** For a fasting blood sugar test, do not eat or drink anything other than water for at least 8 to 12 hours over night before the blood sample is taken. Tea, coffee, alcohol intake and Smoking and excessive physical exertion are not permitted during this period. Reasonable amount of water intake is permitted. If you are diabetic consult your physician regarding your drug intake instructions.

**1.2. 2-hour Postprandial (post Breakfast / lunch) blood sugar:** For a 2-hour postprandial test, you need to have your blood collected exactly 2 hours after a regular Breakfast /lunch. Patient can have water and usual medicines post physician consultation regarding the same. PP blood sugar to be collected exactly after 2 hours of food (From the food intake time). The instructions for the same will be given by the Consultant / Physicians /Physician Secretary /SCC (Surgery Scheduling Center). It will be ensured by the Laboratory Enquiry Secretary and counter checked by Technician/ Lab Assistant during interaction with the patients at the time of collection.

**1.3. Random blood sugar (RBS):** No special preparation is required before having a random blood sugar test. The patient is required to be in non-fasting state; hence blood samples will be collected within 2 hours of last meal intake irrespective of time of the day.

**1.4. Lipid profile:** Patient should fast for 8-12 hours overnight before blood collection. Fasting should be no food or drink except for water.

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 2 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



**1.5. Plasma Glucose tolerance test (OGTT)- Instructions to patients coming for Oral Glucose Tolerance test (OGTT) Code:103**

Patient should overnight fast for 12 hours before blood collection. Fasting should be no food or drink except for water 82.5g monohydrate glucose in 250ml of water glucose load will be given orally post fasting sample collection.

- First blood should be collected in fasting condition.
- 2nd sample -1 hour after glucose load
- 3rd sample- 2hrs after glucose load

**1.6. Gestational Diabetes Mellitus (GDM) Instructions to pregnant women coming for OGTT for GDM screening/diagnosis Code:104**


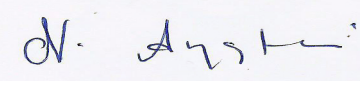
Patient should overnight fast for 12 hours before blood collection. Fasting should be no food or drink except for water 82.5g monohydrate glucose in 250ml of water or 100g anhydrous glucose (110 g Monohydrate glucose) load will be given orally post fasting sample collection.

- First blood should be collected in fasting condition.
- 2nd sample -1 hour after glucose load
- 3rd sample- 2hrs after glucose load
- 4th samples- 3 hrs after glucose.load( If 100g load given) Ref: SNSC/CC/3D

**1.7. Special Biochemical Investigation:**

1. Plasma Amino acid Profile (HPLC)
2. Plasma Homocysteine
3. Paper Chromatography for Plasma Ornithine/ any amino acid
4. Paper Chromatography for Plasma Galactose / other sugars.
5. Microalbuminuria/UACR (Early morning sample)

Fasting Specimen: For all the above mentioned test the patients are instructed to have his/her dinner the previous night not later than 9 pm and following that not to eat or drink except water till he/she reports to the laboratory (fasting period should be between 8 to 12 hours).

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 3 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



**2. Instructions to the patients who have undergone FFA (Fundus Fluorescein Angiography)**

In the above mentioned conditions the patients are instructed not to give blood for 24 hours after the

FFA for the following test,

1. Angiotensin Converting Enzyme (ACE)
2. Plasma Homocysteine.
3. Microalbumin/UACR
4. Routine urine analysis/ Urine Sugar/Urine LFT

**3. Instructions to Patients coming for serum Vitamin A testing:**

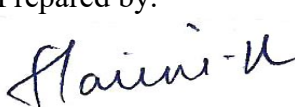
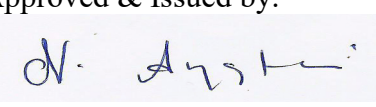
Should not take vitamin A tablet, Blood should be collected in Fasting Condition (10-12 hours fasting) or Random. No alcohol intake is allowed.

**4. Instructions to patients coming for Serum Iron, TIBC and Percentage saturation testing:**

Should not take iron medication for 3 days. (Fasting / Random). The test is out sourced.

**5. IEM (Inborn Errors of metabolism):**

Three containers will be provided for the patient, one of the three containers labeled 'F' (fasting) and the other two containers labeled 'R' (Random). Patient should collect the fasting urine in the 'F' container and the random urine in the 'R' containers. Provide 3 urine containers with pinch of sodium azide.

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 4 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



**TEST MASTER LIST**

**DEPARTMENT OF CLINICAL BIOCHEMISTRY**

S. No	Lab/ Ref/ Code	Name of the test	Specimen required Blood - volume	Anti coagulants (vacutainer/ Urine)	**Reportable interval (TAT)	Storage of examined specimen / temp.	Information to the patients
1.	101	Blood Glucose (Glucometer) F/R/PP	Capillary blood	NA	1 hour 2 hours (in package)	NA	F- Fasting- -no caloric intake for at least 10-12 h. R- Random-any time PP- 2 hours Postprandial Blood should be collected 2 h after intake of food.
2.	102	Plasma Glucose F/R/PP	2 ml + Urine to be collected	Sodium Fluoride + Na <sub>2</sub> EDTA	1 hour 2 hours (in package)	24 hours / 2-8°C	F- Fasting- -no caloric intake for at least 10-12 h. R- Random-any time PP- 2 hours Postprandial Blood should be collected 2 h after intake of food.
3.	103	Oral Glucose Tolerance test (OGTT) Plasma glucose- 3 samples	2 ml + Urine to be collected	Sodium Fluoride + Na <sub>2</sub> EDTA Urine container (No preservative)	4 hours	24 hours / 2-8°C	<b>First sample</b> should be collected in fasting condition. 10 to 12 h <b>2<sup>nd</sup> sample</b> -1 hour after 82.5g glucose load. <b>3<sup>rd</sup> sample</b> - 2 h after 82.5 g glucose intake.
4.	104	Gestational Diabetes Mellitus (GDM) Plasma glucose-3/4 Samples (depending on glucose load)	2ml + Urine to be collected.	Sodium Fluoride + Na <sub>2</sub> EDTA Urine container (No preservative)	5 hours	24 hours / 2-8°C	<b>First sample</b> should be collected in fasting condition. 10-12 hours <b>2<sup>nd</sup> sample</b> -1 hour after 82.5g glucose load. <b>3<sup>rd</sup> sample</b> - 2 h after 82.5 g glucose intake. <b>4<sup>th</sup> samples</b> - 3 h after glucose. Intake. (if 100 g load of anhydrous glucose)
5.	105	Plasma/Serum Urea Creatinine	4 ml	Heparin Plasma/ EDTA plasma (Cobas)/plain	1 hour 2 hours (in package)	24 hours / - 2-8°C	Random
6.	106	Serum/plasma Cholesterol	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Fasting/Random

Issue No : 2

Issue Date : 01.06.2023

Amend No : 1

Page 5 of 13

Prepared by:

*Flairi-K*

Quality Manager

Approved & Issued by:

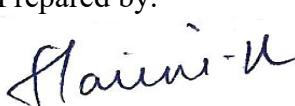
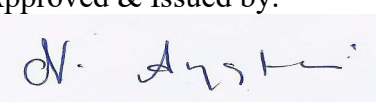
*D. Arjun*

Director - Laboratory Services



DIRECTORY OF SERVICES

7.	108	Plasma/serum Sodium and Potassium	4 ml	Heparin/Plain	1 hour	24 hours / 2-8°C	Random
8.	110	Serum /Plasma Calcium and Phosphorus	4 ml	Heparin /Plain	2 hours.	24 hours / 2-8°C	Random
9.	113	<b>Serum/plasma LFT</b> Bilirubin Total/Direct Total Protein & albumin, ALT, AST, ALP, GGT.	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Random
10.	114	Serum/plasma Bilirubin (Total/Direct)	4 ml	Plain/Heparin	2 hours	24 hours /- 2-8°C	Random
11.	115	Serum / plasma Total Protein and albumin	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Random
12.	116	Serum / plasma Alkaline Phosphatase	4 ml	Plain/ Heparin	2 hours	24 hours / 2-8°C	Random
13.	117	Serum/ plasma Alanine amino transferase	4 ml	Plain/ Heparin	2 hours	24 hours / 2-8°C	Random
14.	118	Serum / plasma Aspartate amino transferase	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Random
15.	123	<b>Serum/Plasma Lipid profile</b> Total Cholesterol HDL cholesterol Triacylglycerol LDL cholesterol	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Blood should be collected in fasting condition.(10-12 hours overnight)
16.	124	Serum/ plasma Triacyl Glycerol (TGL)	4 ml	Plain/Heparin	2 hours	24 hours / 2-8°C	Blood should be collected in fasting condition

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 6 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	




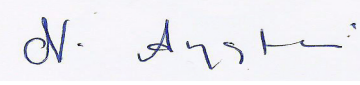
DIRECTORY OF SERVICES

17.	126	Angiotensin converting enzyme (ACE)	4 ml	Plain	24 hours	24 hours / -20 °C	For the FFA undergone patients' blood should be collected after 24 hours.
18.	127*	Urine Inborn errors of metabolism 3 samples	20ml urine	Urine container with preservative	8 hours	Discarded on the same day	Provide 3 urine containers with pinch of sodium azide. 1 for fasting and 2 for Random sample
19.	128*	CSF- sugar, protein and chloride	CSF- 1.0ml	---	8 hours	24 hours/ 2-8 °C	Should be received as early as possible. (Same day)
20.	122*	Urine- Homocystinuria screening	50ml urine	Urine container	8 hours	Discarded on the same day.	Urine containers should be provided with pinch of sodium azide. Sample should be collected in fasting condition.
21.	151*	HbA1c	2 ml	EDTA whole blood	2.5 hours	24 hours 2-8°C	Blood to be collected in fasting / Random condition
22.	152*	Micro albumin / Urine Albumin Creatinine ratio	25ml urine (Sterile urine container)	Sterile Urine container.	8 hours	Discarded on the same day.	Early morning Urine to be collected in fasting condition/ Random condition. Test is outsourced
23.	154	Serum/Plasma GGT (Gamma Glutamyl Transferase)	4ml	Plain/Heparin	2 hours	24 hours 2-8°C	Random
24.	158*	Serum/Plasma Bicarbonate	4 ml	Heparin/Plain	1 hour	24 hours / 2-8°C	Random

\* NOT IN NABL SCOPE

F- Fasting- -no caloric intake for at least 10-12 hrs. R- Random-any time PP- 2 hours Postprandial

FFA: Fundus Fluorescein Angiogram

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 7 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



SRI NATHELLA SAMPATHU CHETTY CLINICAL LABORATORY,  
SANKARA NETHRALAYA  
(UNIT OF MEDICAL RESEARCH FOUNDATION)


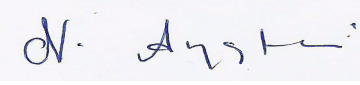
2023

DIRECTORY OF SERVICES

**TEST MASTER LIST**

**DEPARTMENT OF SPECIAL BIOCHEMISTRY**

S. NO	Code no	Name of the Test	Specimen Required	Anti Coagulant	Reportable intervals (TAT)	Temp./ Storage time of examined specimen	Information to the patients
1	131*	Serum Vitamin A	4 ml serum	Plain	3 days	-20° C/ 3 days	Should not have taken vitamin A tablet 24 h prior, Blood should be collected in fasting Condition (10-12 hours fasting) No alcohol intake.
2	121*	Electrophoresis for protein serum/ urine/CSF	4ml serum /5 ml urine /1ml CSF	Plain	2 days	-20° C/ 3 days	Random
3	122*	Electrophoresis for Lipoprotein	4 ml serum	Plain	2 days	-20° C/ 3 days	Fasting condition ( 10- 12 hours fasting)
4	125*	Blood Pyruvate and Lactate	2 ml whole blood	4ml of 0.6M per chloric acid.	2 days	-20° C/ 3 days	4 hours Fasting is preferred / Random
5	129*	Blood Glucose 6 phosphate Dehydrogenase	4 ml whole blood	Heparin/ EDTA	2 days	4° C2 / 4 hours	Random
6	133*	Paper chromatography for Galactose/any sugars 2 samples plasma/urine	2 ml plasma /5 ml urine	Fluoride NaF& Na2 EDTA	2 days	-20° C/ 3 days	1. Fasting 2. 2hrs PP Blood and urine to be collected.
7	134*	Paper chromatography for Ornithine / amino acids	2ml Plasma/ 5 ml urine	ACD 300 µL	3 days	-20° C/ 3 days	Blood should be collected in fasting condition. ( 10- 12 hours fasting)

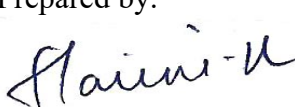
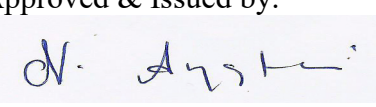
Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 8 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	





DIRECTORY OF SERVICES

8	141*	Serum Vitamin E	4 ml serum	Plain	3 days	-20° C/ 3 days	Fasting/random
9	142*	Plasma vitamin C	4 ml plasma	Heparin	2 days	4° C/ 24 hours	Fasting( 10- 12 hours)
10	143*	Blood Glutathione	2 ml whole blood	EDTA	3 days	-20° C/ 3 days	Fasting ( 10- 12 hours ) or Random
11	144*	Blood Glutathione Peroxidase	2 ml whole blood	EDTA	3 days	-20° C/ 3 days	Fasting( 10- 12 hours fasting) or Random
12	145*	Blood Superoxide dismutase	4 ml whole blood	Heparin	3 days	-20° C/ 3 days	Fasting ( 10- 12 hours fasting) or Random
13	146*	Blood Thio Barbituric Acid Reactive Substances	2 ml whole blood	EDTA	3 days	-20° C/ 3 days	Fasting( 10- 12 hours fasting) or Random
14	153*	Trace elements	4 ml serum	Plain	2 days	4° C / 24 hours	Call biochemistry department before the collection.
15	112*	Serum Ceruloplasmin	4 ml serum	Plain	3 days	3 days /2- 8° C	--
16	135*	Amino acid profile – plasma	2 ml plasma	ACD (Acid citrate dextrose) 300 µL	7 days	-20° C/15 days (Plasma)	Blood should be collected in fasting condition

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 9 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



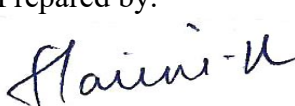
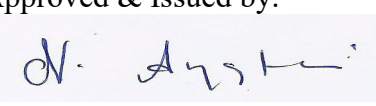
SRI NATHELLA SAMPATHU CHETTY CLINICAL LABORATORY,  
SANKARA NETHRALAYA  
(UNIT OF MEDICAL RESEARCH FOUNDATION)

2023

DIRECTORY OF SERVICES

17	136*	Amino acid profile- Urine	5 ml Urine With preservative	----	7 days	-20°C/ 15 days after centrifugation 2500 rpm / 10 minutes.	Urine container Provided with pinch of sodium azide. Sample should be collected in fasting condition. ( 10- 12 hours fasting)
18	138*	Serum Homocysteine	2 ml Serum	Plain	2 days.	-20° C/3 days	Blood should be collected in fasting condition. (10-12 hours fasting)

\*NOT IN NABL SCOPE


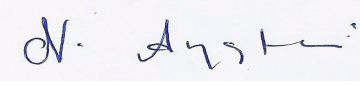
Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 10 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



DIRECTORY OF SERVICES

ACCEPTANCE / REJECTION CRITERIA FOR BIOCHEMISTRY


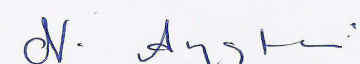
S.No	Specimen acceptance criteria	Specimen rejection criteria	Action taken
1	Labelled Samples with the patient ID and test details with correct barcode	Unlabeled /wrongly labeled samples	If specimen obtained by non-invasive procedure (Urine, Sputum or throat swab) – Recollect the sample. If specimen is obtained by invasive procedure like needle aspiration, or if it is body fluids, then process after consulting with the referring physician.
2.	Sample matches with the Test Request form	If sample does not match with the Test Request form	Do not Process. Inform the referring physician and ask for a sample rework
3	Proper and non leaking Specimen container	Improper/broken/ Leaking Specimen container	Do not Process. Inform the referring physician and ask for a sample rework
4	Sample received at appropriate time after collection	Prolonged transport time beyond acceptable limits and in improper transport conditions for all samples	Do not Process. Inform the referring physician and ask for a sample rework
5	Specimen suitable for test requested	Specimen unsuitable for the test requested	Do not Process. Inform the referring physician and ask for a sample rework.

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 11 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	



DIRECTORY OF SERVICES

6	Specimen collected fulfills the sufficient volume criteria for all tests requested	Insufficient sample volume	Process as much as possible. Inform the referring physician and ask for a sample rework.
7	Specimen collected in appropriate vacutainer under appropriate conditions as required by the tests requested	Specimen collected in inappropriate or wrong vacutainer under inappropriate conditions as required by the tests requested	Do not Process. Inform the referring physician and ask for a sample rework If precious sample process with approval from authorized signatory with comments in report.
8	Specimen collected after appropriate patient preparation fulfillment for the tests requested	Sample collected from a patient who had not fulfilled the preparation criteria for test requested	Do not process. Inform the referring physician and ask for a sample rework.
9	Specimen with no contamination	Contamination of specimen collected. Eg: IV line sample collection- blood Urine- contamination with vaginal secretion or fecal matter	Do not process. Inform the referring physician and ask for a sample rework.
10	Sample non hemolysed, non lipemic, non-icteric	<ul style="list-style-type: none"><li>• Hemolysed</li><li>• Lipemia</li><li>• Highly icteric sample</li><li>• samples will be rejected based on the degree of HIL and the test requested.</li></ul>	Do no process. Inform the referring physician and ask for a sample rework. Also follow the below enumerated criteria on need as per case by case basis and tests requested. If precious sample or in special cases with partial hemolysis after approval by authorized signatory sample can be processed with comment in the report.

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 12 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	

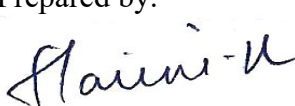
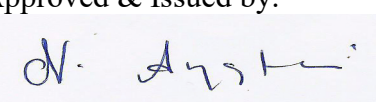


DIRECTORY OF SERVICES

**Effects of Hemolysis/ Lipemic / Icteric interference on Biochemical parameters**

Hemolysed samples:	Lipemic samples:	Highly icteric samples:
<p>Hemolysis interference is approximately linearly dependent on the final concentration of free Hb in the specimen.</p> <ul style="list-style-type: none"> <li>• <u>It generates a consistent trend towards overestimation of:</u> <ul style="list-style-type: none"> <li>– ALT &amp; AST</li> <li>– Creatinine</li> <li>– Creatine kinase (CK)</li> <li>– Iron</li> <li>– LDH</li> <li>– Lipase</li> <li>– Magnesium</li> <li>– Phosphorus</li> <li>– Potassium</li> <li>– Urea</li> </ul> </li> <li>• <u>It generates a consistent trend towards underestimation of:</u> <ul style="list-style-type: none"> <li>– Albumin</li> <li>– ALP</li> <li>– Chloride &amp; Sodium</li> <li>– GGT</li> <li>– Glucose</li> </ul> </li> <li>• Clinically meaningful variations of AST, chloride, LDH, potassium and sodium were observed in specimens with mild hemolysis (free Hb ~60 mg/dL).</li> </ul>	<p>slight lipemia to marked lipemia:</p> <p><b><u>Falsely increased:</u></b> Direct bilirubin and TIBC</p> <p><b><u>Falsely decreased:</u></b> sodium, chloride and comparatively less effect potassium Unknown sometimes increased or decreased: ALT, AST, Albumin, Calcium, CK, Cholinesterase, BUN, Phosphate, Total Bilirubin</p>	<p><b><u>Falsely decreased:</u></b> &gt;= 6 total protein and Triglyceride and in very rare instances of highly icteric samples cholesterol, creatinine, GGT, Uric acid are also affected.</p> <p><b><u>Unknown or increased:</u></b> Fructosamine is affected in slight to high icteric index only in very high icteric Direct bilirubin and phosphate is affected.</p>

\* Record the problem in the sample rejection register if sample is rejected and document the corrective action taken

Issue No : 2	Issue Date : 01.06.2023	Amend No : 1	Page 13 of 13
Prepared by:  Quality Manager		Approved & Issued by:  Director - Laboratory Services	