



CSF leak investigation: nasal and ear fluid specimen collection guidance

β -trace protein and β -2-transferrin analysis

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Specimen requirements:	Both a <u>body fluid</u> and <u>serum</u> specimen is required for test interpretation.
Overview for outpatient collections:	<p>Follow below guidance for nasal fluid or ear fluid collection. Once the fluid is collected return the sample immediately to the nearest lab for processing and for collection of blood specimen. Please bring your requisition with you. Note: only a small amount of fluid is required and it is preferred that the sample is returned promptly versus attempting to collect a greater volume.</p> <p>Bring your fluid sample and physician's requisition, to nearest lab or directly to St. Paul's Hospital Lab. <u>Wait for collection of blood before leaving laboratory.</u></p>
Blood collection:	Collect around same time as fluid, or when fluid is being dropped off at the lab.
Tube type:	Serum: Red top or SST, 0.3 mL minimum (lab to ship refrigerated)
Fluid collection:	Contact lab for advice if difficulty encountered with nasal or ear fluid collection or for guidance for collection from other sites.
Tube type:	<p>Small sterile plastic tube/container with tightly sealing lid provided by lab</p> <p>Use tube appropriately sized for collection volume to limit evaporation (i.e., do not collect small volume into a large tube as evaporation will occur).</p> <p>Minimum 10 μL of fluid needed for analysis (just a small drop)</p>
Handling and transport:	<p>Refrigerate fluid immediately after collection. Bring to the lab on ice or ice pack that day or early next morning. If anticipated storage or transit time >24 h, freeze fluid immediately and bring to lab on ice or ice pack.</p> <p>Write the date and time you collected the fluid on the requisition. The time does not have to be exact, but please be as close as possible. If you are collecting an ear fluid overnight, the time you go to bed will be the collection time. Don't forget to bring your requisition to the lab to have your blood drawn.</p>
Nasal fluid collection:	<p>Bend head toward chest. Allow liquid to <u>drip passively</u> from nose into sterile container supplied by the lab. DO NOT BLOW NOSE. Highly viscous fluid specimens (i.e., containing mucus) are often unsuitable for testing.</p> <p>If fluid is not actively dripping, a sterile container can be taken home for collection*.</p>
Ear fluid collection:	<p>Recommended: collect drainage directly into tube.</p> <p>For slow/intermittent drainage: The SPH lab can supply a sterile cotton ball to facilitate collection. Do not use a cotton ball that has not been supplied by the lab. Once collected, place cotton ball in small tube provided by lab. Immediately cap tube. securely as cotton ball must stay moist with fluid. Using a cotton ball may decrease the sensitivity of the testing and thus should only be used when direct collection is not possible.</p>