

### COLLECTION OF FINE NEEDLE ASPIRATION (FNA) SPECIMENS



#### Specimen Labeling:

All specimens will be clearly labeled BEFORE being sent to the laboratory for testing, to ensure correct identification of the patient and sample.

All specimens/containers must be labeled with:

- The patient's full name (printed in the same format as patient's health card)
- A second identifier such as date of birth or health card number

It is recommended that the specimen container also be labeled with specimen source (e.g., Left Breast)

Specimen/container labeling options are:

- Computer printed label affixed to the side of the specimen container, or
- Clearly printed handwritten information on the label of the specimen container using indelible ink

#### Specimen Handling and Transportation:

- Specimens collected from multiple sites must be collected in separate containers with the source of each identified.
- Each specimen must be placed into a polybag.
- A completed Cytology & HPV Testing Requisition must accompany each specimen.
- Specimens requiring expedited service must be clearly marked as such. The typical designation is: ASAP.
- For optimal results transport the specimens to the laboratory as soon as possible after collection.

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### Cytology Requisition Information:

All specimens must be submitted for testing with a completed Cytology & HPV Testing Requisition.

Provide the following information in a legible format:

#### Patient Information:

- Full name of patient (printed in the same format as patient's health card)
- Health card number
- Date of birth
- Date of specimen collection
- Specimen source
- Anatomic site
- Number specimens submitted (e.g., slides, vials)
- Collection method (e.g., fine needle aspiration)
- Pertinent clinical information

#### Health Care Provider Information:

- Full name, address and billing number of the ordering health care provider
- Full name, address (and billing number if known) of any copy-to physicians

### Collection Kit Information:

#### Fine Needle/ Sputum/ Urine Kits:

Kit components are ordered separately:

- 90 mL sterile container with 40 mL of cytology preservative (**Cytolyt**® clear, colourless solution)
- Polybag
- Cytology requisition

(Do not use formalin for the collection of Cytology Specimens)



**CAUTION:** The preservative contains methyl alcohol. Do not drink. If ingested, do not induce vomiting; call a doctor or local poison control center immediately. Vapor may be harmful if inhaled; use with adequate ventilation. Flammable; keep away from heat, sparks & open flame. Avoid contact with eyes.

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#### Physician Collection Instructions

The following instructions apply to most palpable superficial lesions. Supplementary instructions for thyroid and salivary FNAB follow.

1. Using standard FNAB technique, sample the area of interest.
  - >>> 2. Expel the contents of the needle barrel into the cytology preservative. For most lesions all of the aspirated material should be placed into Cytolyt fixative.
  3. Rinse the needle: Aspirate approximately 2cc of preservative into the syringe, through the needle, to rinse the needle and syringe of any remaining specimen. Express into the specimen container.
  4. Usually the first pass yields the most diagnostic material. Diagnostic yield can be improved by using up to 3 passes. The use of more than three passes does not generally increase the yield.
  5. Tightly re-cap the specimen container.
  6. Ensure the specimen container(s), any slide(s), and the requisition are labeled with the patients' full name and DOB or Health card number, the date of collection, the sample source and site as well as clinical history/impression (see above instructions).
  7. Keep the preserved specimen at room temperature or refrigerated (2-8°C). It is recommended to return the specimen to the laboratory as soon as possible after collection. Specimen integrity is compromised after 8 days after collection.
- >>> **NOTE:** *It is no longer necessary to prepare an extra slide or slide/smear for thyroid and salivary FNAB. Instead, the aspirated samples or materials should be dispensed (rinsed) into the Cytolyt solution.*

#### REFERENCE:

NCCLS GP23-A Nongynecologic Cytologic Specimens: Collection and Cytopreparatory Techniques; Approved Guideline. Volume 17, Number 19, 1999

NCCLS GP20-A2 Fine Needle Aspiration Biopsy Techniques; Approved Guidelines-Second Edition. Volume 23, Number 7, 2003

>>> Techniques for thyroid FNA: a synoptic of the National Cancer Institute Thyroid Fine-Needle Aspiration State of the Science Conference.  
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Diagnostic Cytopathology, 36(6), 407-424

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