



Sample Submission Guidelines

This handbook outlines the essential guidelines for submitting samples. Following these instructions will ensure a smooth process, timely analysis, and optimal results. This handbook is designed to be clear and concise, but if you have any questions after reviewing it, please don't hesitate to contact us. We're here to help!

 126 Corporate Boulevard, South Plainfield, New Jersey 07080

 www.admerahealth.com

 custom-services@admerahealth.com

 908-222-0533

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DNA

EXTRACTION & SUBMISSION GUIDELINE



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126 Corporate Boulevard
South Plainfield NJ 07080
CLIA ID: 31D2038676

DNA Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
FFPE	Slides	5 slides at 10 µm/slide	Room Temperature or Wet Ice
	Curls in Eppendorf Tubes	2-4 curls/tube	
Cultured Cells	Cells resuspended in RNAprotect Cell Reagent	>50k cells	Dry Ice
Tissue	Tissue Resuspended in RNAprotect Tissue Reagent	>30 mg	Dry Ice
	Snap-frozen		
ATAC-seq - See DNA Tissue Sample Preparation Guidelines			
Blood, Plasma, Serum	Frozen in EDTA tube	>400 µl	Dry Ice
Saliva & Buccal Swabs	Host DNA: ORAc collect DNA	1 tube/sample	Room Temperature or Wet Ice
	Microbial: DNA/RNAs hield SafeCollect Saliva	2 tubes/sample	
Stool & Gut Material	Snap-frozen		Dry Ice
	OMNIgene GUT Tube		
Bacteria	Resuspended in RNAprotect Bacteria Reagent	5-7.5 x 10 ⁸ cells	Dry Ice
	Snap-frozen		
Plants & Fungus	Snap-frozen (prefer lyophilized) plant tissue	20 mg (dry weight) 100 mg (wet weight)	Dry Ice

Please submit a [Sample Safety Consent Form](#)

HMW DNA Extraction

Sample Type	Storage Method	Quantity	Shipment
Tissue	Frozen	300-600 mg	Dry Ice
Blood	Collected in EDTA	4 ml	Dry Ice
Cultured Cells	Frozen	1 x 10 ⁷ cells	Dry Ice
Bacteria	Pelleted & frozen	1 x 10 ⁸ cells	Dry Ice
Plant	Lyophilized or frozen	1.5 grams	Dry Ice

Please submit a [Sample Safety Consent Form](#)

Dual Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
	Slides	5 slides at 10 µm per slide	
FFPE	Curls in Eppendorf tubes	2-4 curls/tube 2 tubes/sample	Room Temperature or Wet Ice
	Blocks for cutting	1 block/sample	
	Cells resuspended in RNAprotect Cell Reagent	>50K cells	Dry Ice
Tissue	Tissue Resuspended in RNAprotect Tissue Reagent	>30mg	Dry Ice
	Snap-frozen		
Blood			
Plasma & Serum		Requires separate submissions	

Dual Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
Saliva & Buccal Swabs	Microbial: Zymo Swab preservation kits	2 tubes/sample	Dry Ice
Stool	OMNIgene GUT DNA and RNA	1 tube/sample	Dry Ice
Bacteria	Requires separate submissions		
Plants & Fungus			

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Please submit a Sample Safety Consent Form

DNA Sample Requirements

Sample Type	Volume	Quantity	Concentration	Notes	Buffer Shipment
Genomic DNA- WGS/WES/Custom Panel/ Metagenomics/Amplicon	30µl [‡]	Recommended: 500 ng Minimum: 30 ng	Recommended: >30 ng/µl Minimum: >5 ng/µl		
*FFPE DNA	30µl [‡]	Recommended: 500 ng Minimum: 50 ng	Recommended: >30 ng/µl Minimum: >10 ng/µl	Fragments should be longer than 1500 bp.	
Genomic DNA - 16s/ITS	30µl [‡]	Recommended: 5 ng -50 ng Minimum: 1 ng	Recommended: >1 ng/µl Minimum: >0.2 ng/µl		**Tris Buffer or Low TE Buffer; Ship with Wet or Dry Ice
Genomic DNA - WGBS	30µl [‡]	Recommended: 500 ng-1 µg Minimum: 100 ng	Recommended: >10 ng/µl Minimum: >5 ng/µl	We recommend sending non-bisulfite-treated samples.	
Immunoprecipitated DNA for ChIP-seq	30µl [‡]	Recommended: 5 ng - 10 ng Minimum: 500 pg	Recommended: >0.2 ng/µl Minimum: >0.05 ng/µl		

*FFPE: Formalin-Fixed, Paraffin-Embedded

**Tris buffer contains 10mM Tris-HCl and Low TE contains 10mM Tris-HCl (pH8.0) with 0.1 mM EDTA

if less than the minimum volume, our team will volume up to 30 µl.

HMW DNA Sample Requirements –WGS PacBio Sequencing

Sample Type	Amount	Volume	Concentration	Purity	Fragment Size
Human, animal, plant	Recommended: 15 µg			OD260/280=1.7- 1.9	>=30kb
	Minimum: 5 µg	30µL [†]	>100ng/µL		
Bacteria & Fungi	Recommended: 1- 2µg			OD260/230>= 2	>= 20kb
	Minimum: 500ng				

[†]If less than the minimum volume, our team will volume up to 20 µL.

DNA Cell Sample Preparation Guidelines

Sample Type	Library Preparation	Quantity	Buffer Shipment Method	Notes
Cell	<u>ATAC-seq</u> Requires 2-3 replicates tubes/sample	Cryopreserved cells	Dissociated cryopreserved cells in single-cell suspension	Quality: Highly Recommended: >90% viability
		<u>Recommended:</u> 1M cells/sample		Acceptable/At-Risk: 70-90% viability
		<u>Minimum:</u> 500K cells/sample	Dry ice * Snap-frozen cell pellet not accepted	Dead cell removal required: <70% viability Minimum 300K cells
				Fail QC: <50% viability

DNA Cell Sample Preparation Guidelines

Sample Type	Library Preparation	Quantity	Buffer Shipment Method	Notes
Cell	<p><u>Hi-C</u></p> <p>Requires 2 replicate tubes/sample</p>	5M Crosslinked Cells, in duplicate	<p>Dissociated cryopreserved cells in single suspension.</p> <p>Ship on dry ice</p>	

Please submit a Sample Safety Consent Form

DNA Tissue Sample Preparation Guidelines

Sample Type	Library Preparation	Quantity	Shipping Method
Tissue (Mammalian)	ATAC-seq	<u>Flash frozen</u> Recommended: 20-50 mg *Cryopreserved Tissue	Dry Ice

*Inquire with our Project management team

Please submit a Sample Safety Consent Form

See Shipping Note on next page

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www.admerahealth.com
908-222-0533

126 Corporate Blvd
South Plainfield NJ 07080
CLIA ID: 31D2038676

DNA Sample Shipping Instructions

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online **Sample Information Form**
- Fresh/Frozen samples (BSL-2): Complete Sample Safety Consent Form** and email safety form to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the tube/sample ID on the top of each tube.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Review examples in Packaging Recommendations

Documents & package markings:

- Include a copy of your **Admera Health Quote #** in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Note** inside AND outside the package for these project types:
 - **Extraction** — DNA Extraction slip [here](#)
 - **Cryopreserved cell sampled for ATAC-seq** — shipping slip [here](#)

Temperature & cold chain:

- ❑ Follow the temperature requirements for your sample type:
 - **Dry ice shipments** → include at least **5 lbs of dry ice per transit day**; affix a Dry Ice label to the outside
 - **Ice pack shipments** → use enough ice packs and fill remaining space with bubble wrap

Step 4. Ship Your Package

- ❑ Confirm the **Admera Health Quote #** appears on the shipping label.

Step 5. Notify Admera After Shipping

- ❑ Email the **tracking number** and **sample photos** to custom-services@admerahealth.com.

Packaging Recommendations

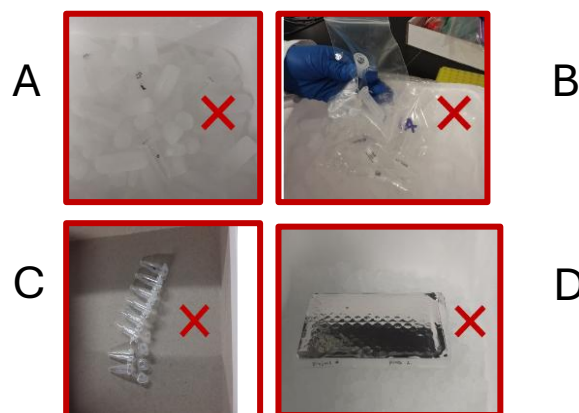
Recommended (do these things)

- **Label the top** of every tube with its sample ID.
- **≤5 1.5mL tubes:** place inside a 50 mL centrifuge tube. **See picture 1.**
- **>5 1.5mL tubes:** use a sturdy cardboard box. **See picture 2.**
- **Plates:** always use a plate rack. **See picture 3.**



Not Recommended (avoid these common mistakes)

- Placing sample tubes directly in ice or dry ice without a secondary container. **See picture A.**
- Putting samples in a plastic bag and placing that directly in dry ice — bags crack at low temperatures. **See picture B.**
- Packing strip tubes directly on ice or dry ice. **See picture C.** Shipping plates without a rack — they can break in transit. **See picture D.**



Please print & ship this notice with your DNA submission:

Shipping Note

DNA Extraction Samples

Please direct packages to our extraction team
for accessioning!

**Please print & ship this notice with your samples
if sending cryopreserved samples**

Shipping Note

**Cryopreserved Cell Samples
(for Single-Cell or ATAC-seq)**

**Please direct package to
Liquid Nitrogen Storage!**



RNA

EXTRACTION & SUBMISSION GUIDELINE



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South Plainfield NJ 07080
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RNA Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
FFPE	Slides	5 slides at 10 μ m / slide	Room Temperature
	Curls in Eppendorf tubes	2-4 curls/tube	
	Blocks for cutting	1 block/sample	
Cultured Cells	Cells in resuspended Buffer LT Plus prepared with β -mercaptoethanol	>50k cells	Dry ice
	Cells resuspended in RNAprotect Cell Reagent	*If sending >500k cells, please send in lysis buffer or pelleted	
	Snap-frozen pellet		
Tissue	Tissue resuspended in RNAprotect Tissue Reagent	>30 mg	Dry Ice
	Snap-frozen		
Blood (animal)	RNAprotect Animal Blood Tubes	2 tubes/sample	Dry Ice
Blood (human)	Frozen blood in PAXgene tube	2 tubes/sample	Dry Ice
Plasma & Serum	Frozen in 1.5 ml Eppendorf tube	400 μ l/sample	Dry Ice
Exosome	Exosome resuspended in 1x PBS	50 μ l	Dry Ice
	Whole sample recommended for processing	1 ml bodily fluids	

RNA Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
	Snap-frozen pellet		
Bacteria	In growth media		Dry Ice
	Resuspended in RNAprotect Bacteria Reagent	5-7.5 x 10 ⁸ cells	
Plant cells, tissue, & filamentous fungi	Snap-frozen (prefer lyophilized) plant tissue	100-200 mg	Dry Ice
	3-4 x 10 ⁶ plant or fungal cells	2 tubes/sample	
	Host RNA: follow regular tissue guidelines	>30 mg	
Stool & gut material	Microbial RNA: snap-frozen stool of gut material	50-200 mg stool or tissue	Dry Ice
	Microbial: OMNIgene GUT DNA and RNA	1 tube/sample	

Please submit a [Sample Safety Consent Form](#)

Dual Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
FFPE	Slides	5 slides at 10 µm per slide	Room Temperature or Wet Ice
	Curls in Eppendorf tubes	2-4 curls/tube 2 tubes/sample	

Dual Extraction Requirements

Sample Type	Storage Method	Quantity	Shipment
	Blocks for cutting	1 block/sample	
Cultured Cells	Cells resuspended in RNAprotect Cell Reagent	>50K cells	Dry Ice
Tissue	Tissue Resuspended in RNAprotect Tissue Reagent	>30mg	Dry Ice
	Snap-frozen		
<hr/>			
Blood			
Plasma & Serum		Requires separate submissions	
<hr/>			
Saliva & Buccal Swabs	Microbial: Zymo Swab preservation kits	2 tubes/sample	Dry Ice
<hr/>			
Stool	OMNIgene GUT DNA and RNA	1 tube/sample	Dry Ice
<hr/>			
Bacteria			
		Requires separate submissions	
Plants & Fungus			
<hr/>			

Please submit a [Sample Safety Consent Form](#)

RNA Sample Preparation Guidelines

Sample Type	Protocol	Volume	Quantity	Concentration	Quality	Buffer Shipment Method
mRNA-seq	Standard Input	20µl [†]	Recommended: 1ug Minimum: 200ng	Recommended: >10 ng/µl Minimum: >5 ng/µl	RIN > 7	RNase-free water; Ship with dry ice All RNA samples must be RNase-free
	Ultra-low Input		Recommended: 20 ng Minimum: 20 pg	Recommended: >1 ng/µl Minimum: >1 pg./µl		
	3' Tag seq		Recommended: 1 ug Minimum: 2 ng	Recommended: >50 ng/µl Minimum: >0.2 ng/µl		
Total RNA-seq	Ultra-low Input	20µl [†]	Recommended: 1 ug Minimum: 200 ng	Recommended: >50 ng/µl Minimum: >10 ng/µl	Recommended: DV200 > 50%	RNase-free water; Ship with dry ice
	Standard Input		Recommended: 20 ng Minimum: 500 pg	Recommended: >1 ng/µl Minimum: >0.04 ng ng/µl	Acceptable DV200 30%-50%	All RNA samples must be RNase-free

RNA Sample Preparation Guidelines

Sample Type	Protocol	Volume	Quantity	Concentration	Quality	Buffer Shipment Method
smRNA-seq	Ultra-low Input	20µl [‡]	Recommended: 1 ug	Recommended: >100 ng/µl	RIN > 7	RNase-free water; Ship with dry ice All RNA samples must be RNase-free
			Minimum: 200 ng	Minimum: >20 ng/µl		
			Recommended: 20 ng	Recommended: >2 ng/µl		
			Minimum: 2 ng	Minimum: >0.2 ng/µl		

[‡]If less than minimum volume, our team will volume up to 15µl

RNA Sample Preparation Guidelines – PacBio Iso-Seq

Service	Amount	Volume	Concentration	Purity	Fragment Size
Iso-seq	Recommended: 1-2ug Minimum: 500ng	>20µL	Recommended: >45ng/ µL	Recommended: OD260/OD280: 1.8-2 Minimum: OD260/230:2-2.2	RIN>7

RNA Cell Sample Preparation Guide

Sample Type	Library Preparation	Quantity	Buffer Shipment Method	Notes
Cell	mRNA-seq	1-1000 cells	PSS Buffer; Refer to the guideline here ; Dry Ice	Library preparation directly from cells
	Total RNA-seq	10-1000 cells	PBS; Refer to guideline here ; Dry Ice	**If extraction is needed, refer to Extraction Submission Guidelines Cells/Cell Pellet for RNA/DNA Extraction

Please send cells to arrive between Monday and Wednesday
1-week advance notice on project arrivals is required.

Please submit a Sample Safety Consent Form

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908-222-0533

126 Corporate Blvd
South Plainfield NJ 07080
CLIA ID: 31D2038676

RNA Shipping Instructions

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online **Sample Information Form**
- Fresh/Frozen samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the tube/sample ID on the top of each tube.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

- Review examples in Packaging Recommendations
- Include a copy of your **Admera Health Quote #** in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Note** inside AND outside the package for these project types:
 - **Extraction** —RNA Extraction slip [here](#)

- ❑ Follow the temperature requirements for your sample type:
 - **Dry ice shipments** → include at least **5 lbs of dry ice per transit day**; affix a Dry Ice label to the outside

Step 4. Ship Your Package

- ❑ Confirm the **Admera Health Quote #** appears on the shipping label.

Step 5. Notify Admera After Shipping

- ❑ Email the **tracking number** and **sample photos** to custom-services@admerahealth.com.

Packaging Recommendations

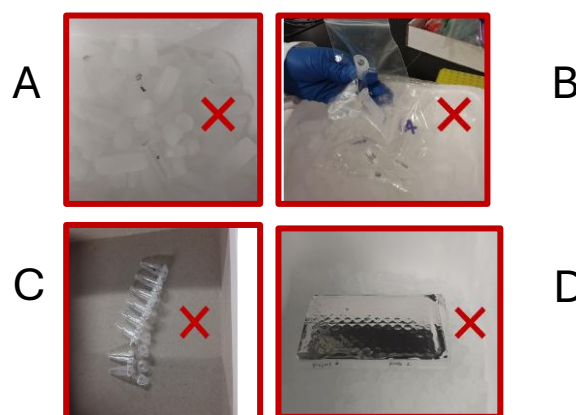
Recommended (do these things)

- **Label the top** of every tube with its sample ID.
- **≤5 1.5mL tubes:** place inside a 50 mL centrifuge tube. **See picture 1.**
- **>5 1.5mL tubes:** use a sturdy cardboard box. **See picture 2.**
- **Plates:** always use a plate rack. **See picture 3.**



Not Recommended (avoid these common mistakes)

- Placing sample tubes directly in ice or dry ice without a secondary container. **See picture A.**
- Putting samples in a plastic bag and placing that directly in dry ice — bags crack at low temperatures. **See picture B.**
- Packing strip tubes directly on ice or dry ice. **See picture C.** Shipping plates without a rack — they can break in transit. **See picture D.**



Please print & ship this notice with your RNA submission:

Shipping Note

RNA Extraction Samples

Please direct packages to our extraction team
for accessioning!



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PRE-MADE LIBRARY SEQUENCING

SUBMISSION GUIDELINE



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Premade Library Submission Guidelines

Sequencer	Sample Type	Concentration Required*	Volume	Shipping Requirement
NovaSeq X Plus	Library	3 nM	≥ 45 µL / lane	
NovaSeq 6000	Library	3 nM	≥ 30 µL / lane	Dry ice
MiSeq	Library	4 nM	20 µL [†]	or
NextSeq	Library	4 nM	20 µL [†]	Blue ice
Custom Primers	*Custom Primers	100 uM	≥ 20 µL	
DNBSeq-T7	Stereo-seq Library	50 nM	60 µL	
PacBio Revio	SMRTcell Library	> 600 pM	> 25 µL	Dry Ice

[†]If less than minimum volume, our team will volume up to 20µl

*For services no listed or other questions, please inquire with our Project Management Team at custom-services@admerahealth.com

Sequencing-Only Shipping Instructions

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online Sample Information Form

Step 2. Label Your Samples

- Write the tube/sample ID on the top of each tube. Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Review examples in Packaging Recommendations

Documents & package markings:

- Include a copy of your **Admera Health Quote #** in the package.
- Mark the outside with the **Project ID** and **Service Type**.

Temperature & cold chain:

- **Dry ice shipments** → include at least **5 lbs of dry ice per transit day**; affix a Dry Ice label to the outside
- **Ice pack shipments** → use enough ice packs and fill remaining space with bubble wrap

Step 4. Ship Your Package

- ❑ Confirm the **Admera Health Quote #** appears on the shipping label.

Step 5. Notify Admera After Shipping

- ❑ Email the **tracking number** and **sample photos** to custom-services@admerahealth.com.

Packaging Recommendations

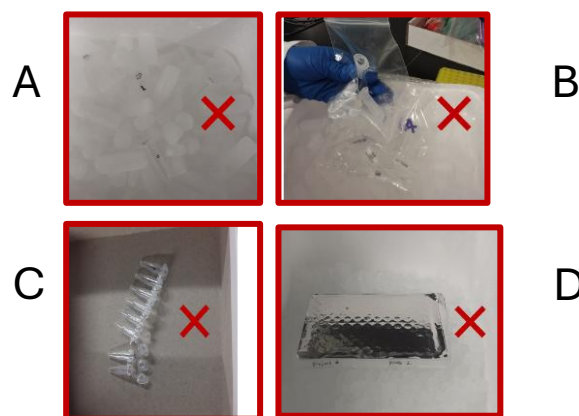
Recommended (do these things)

- **Label the top** of every tube with its sample ID.
- **≤5 1.5mL tubes:** place inside a 50 mL centrifuge tube. **See picture 1.**
- **>5 1.5mL tubes:** use a sturdy cardboard box. **See picture 2.**
- **Plates:** always use a plate rack. **See picture 3.**



Not Recommended (avoid these common mistakes)

- Placing sample tubes directly in ice or dry ice without a secondary container. **See picture A.**
- Putting samples in a plastic bag and placing that directly in dry ice — bags crack at low temperatures. **See picture B.**
- Packing strip tubes directly on ice or dry ice. **See picture C.** Shipping plates without a rack — they can break in transit. **See picture D.**





SINGLE-CELL SEQUENCING

SUBMISSION GUIDELINE

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126 Corporate Boulevard
South Plainfield NJ 07080
CLIA ID: 31D2038676

Single-Cell Guidelines

Important Note

The following sample submission guidelines for single-cell and spatial transcriptomics are intended to provide a general overview of recommended sample preparation and handling procedures.

Please note that these guidelines are preliminary and subject to change.

We strongly encourage you to discuss your specific project requirements with your designated Project Specialist to ensure optimal sample quality and successful downstream analysis.

Single-Cell Sequencing: Cell Submission Guidelines

Sample Type	Quantity	Quality	Shipping Method
Fresh & Cryopreserved	<u>Recommended</u> >1M cells/sample, in duplicate	<u>Recommended:</u> >90% viability	<u>Fresh Cell</u> Courier service within a 4-hour driving distance
	<u>Minimum</u> 200k cells/sample, in duplicate	<u>Acceptable:</u> 70-90% viability <u>Dead Cell Removal Required:</u> *50-70% viability 50-70% dead cell removal Minimum 300k cells <u>Fail QC:</u> <50% viability	OR Stored in MACS cell storage buffer and sent with an ice pack <u>Cryopreserved</u> Dry Ice
Cell/Nuclei	Fixed <u>Recommended</u> ~1M cells or nuclei in duplicate		
	<u>Minimum</u> >100k cells/sample or >200K nuclei in duplicate *Please inquire with our PM for fixation protocol	Not applicable	Dry Ice

Please submit a Sample Safety Consent Form

^ATissues with lower DV200 scores have shown compatibility with the assay and have been associated with data that lower UMI and gene counts.

Admera Health recommends sending a mock shipment of samples to ensure cell viability.

Please notify the Admera team at custom-services@admerahealth.com at least two weeks prior to sample delivery.

Samples should be shipped for arrival at the Admera facility on Monday-Wednesday.

Single-Cell Sequencing: Tissue Submission Guidelines

Sample Type	Quantity	Quality	Shipping Method	Notes
-------------	----------	---------	-----------------	-------

Fresh Tissue: 100 mg/sample, 2 tubes/sample	Fresh tissue: <u>Recommended</u> >90% viability	Fresh Tissue: Stored in MACS tissue storage buffer and send with an ice pack
	<u>Acceptable</u> *70%-90% viability Minimum 300k cells	
Cryopreserved tissue: Reach out to our Team	<u>Fail QC</u> <50% viability	Cryopreserved tissue: Dry Ice
		Post Tissue dissociation, refer to cell quantity/quality requirements

Tissue

Flash-frozen tissue: 50 mg/sample, 2 tubes/sample	Flash-frozen tissue: Dry Ice
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FFPE ^a : ≥2 sections of 25µm (human) 50µm (mouse)	<u>Recommended</u> DV200 ≥ 50%	FFPE: Ice pack
--	-----------------------------------	--------------------------

PFA-fixed tissue: 30 mg/sample* 3 tubes/sample*	PFA-fixed tissue: Dry Ice
--	-------------------------------------

Please submit a Sample Safety Consent Form

*Tissue dependent. Please inquire with our team at custom-services@admerahealth.com for more information.

^aTissues with lower DV200 scores have shown compatibility with the assay and have been associated with data that lower UMI and gene counts.

Admera Health recommends sending a mock shipment of samples to ensure cell viability.

Please notify the Admera team at custom-services@admerahealth.com at least two weeks prior to sample delivery.

Samples should be shipped for arrival at the Admera facility on Monday-Wednesday.

Single Cell Shipping Instructions

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Notify the Admera team at custom-services@admerahealth.com **a least two weeks** prior to sample delivery

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online **Sample Information Form**
- Fresh/Frozen samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the tube/sample ID on the top of each tube.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Review examples in Packaging Recommendations

Documents & package markings:

- Include a copy of your **Admera Health Quote #** in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Note** inside AND outside the package for these project types:
 - **Single-cell samples** (non-Cryopreserved) slip [here](#)
 - **Cryopreserved cell samples** slip [here](#)

Temperature & cold chain:

- ❑ Follow the temperature requirements for your sample type:
 - **Dry ice shipments** → include at least **5 lbs of dry ice per transit day**; affix a Dry Ice label to the outside
 - **Ice pack shipments** → use enough ice packs and fill remaining space with bubble wrap

Step 4. Ship Your Package

- ❑ Confirm the **Admera Health Quote #** appears on the shipping label.

Step 5. Notify Admera After Shipping

- ❑ Email the **tracking number** and **sample photos** to custom-services@admerahealth.com.

Packaging Recommendations

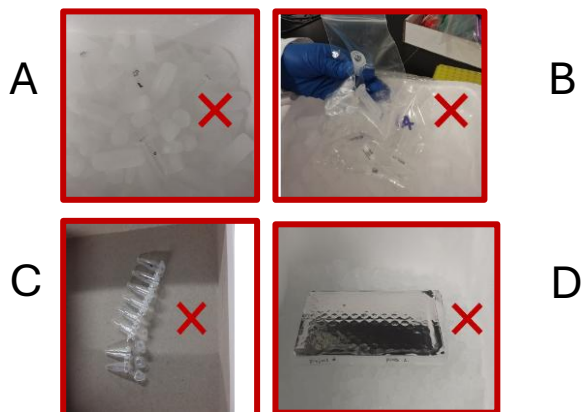
Recommended (do these things)

- **Label the top** of every tube with its sample ID.
- **≤5 1.5mL tubes**: place inside a 50 mL centrifuge tube. **See picture 1.**
- **>5 1.5mL tubes**: use a sturdy cardboard box. **See picture 2.**
- **Plates**: always use a plate rack. **See picture 3.**



Not Recommended (avoid these common mistakes)

- Placing sample tubes directly in ice or dry ice without a secondary container. **See picture A.**
- Putting samples in a plastic bag and placing that directly in dry ice — bags crack at low temperatures. **See picture B.**
- Packing strip tubes directly on ice or dry ice. **See picture C.**
- Shipping plates without a rack — they can break in transit. **See picture D.**



Please print & ship this notice with your single-cell submission:

Shipping Note

Single-cell samples

Please direct packages to our single-cell team for accessioning!

**Please print & ship this notice with your samples
if sending cryopreserved samples**

Shipping Note

**Cryopreserved Cell Samples
(for Single-Cell or ATAC-seq)**

**Please direct package to
Liquid Nitrogen Storage!**



SPATIAL TRANSCRIPTOMICS

SUBMISSION GUIDELINE

This handbook outlines the essential guidelines for submitting samples. Following these instructions will ensure a smooth process, timely analysis, and optimal results. This handbook is designed to be clear and concise, but if you have any questions after reviewing it, please don't hesitate to contact us.

We're here to help!

www.admerahealth.com
908-222-0533

126 Corporate Boulevard
South Plainfield NJ 07080
CLIA ID: 31D2038676

Spatial Transcriptomic Guidelines

Important Note

The following sample submission guidelines for single-cell and spatial transcriptomics are intended to provide a general overview of recommended sample preparation and handling procedures.

Please note that these guidelines are preliminary and subject to change.

We strongly encourage you to discuss your specific project requirements with your designated Project Specialist to ensure optimal sample quality and successful downstream analysis.

10x Visium HD Sample Preparation Requirements

Sample Type	Quantity	Quality	Shipping Method
Fresh Frozen	Sectioned Slides	Minimum: 3-4 slides	Dry Ice
	OCT Block	Minimum: 1 block Recommended: additional test blocks	
Fixed Frozen	Sectioned Slides	Minimum: 3-4 slides	Dry Ice
	OCT Block	Minimum: 1 block Recommended: additional test blocks*	
FFPE	Archived FFPE Slides	Minimum 5-10 slides	Ice Pack
	Freshly mounted FFPE slides	Minimum: 5-10 slides	
	FFPE Block	Minimum: 1 block Recommended: additional test blocks*	

Please submit a Sample Safety Consent Form

*Providing additional 'test' samples for practice sectioning and determining the region of interest can be helpful. If included, please denote as 'test' on sample table above

Instructions: 10x Visium HD

Fresh Frozen Samples

- Please refer to the [fresh frozen tissue manual](#) for instructions on sample preparation.
- We encourage clients to submit section slides, please follow instructions on section slide submission below.

Section Slide Submission:

- Tissue slide preparation: Cryosectioning, section placement on blank slides: Chapter 1 (p. 28-29, 32-34)
- Carefully label each tissue slide with the unique sample designation.
- Printable checklist: [Fresh Frozen-freshly mounted slides checklist](#)

OCT Block Submission:

- Tissue handling, freezing, embedding, and sectioning, section placement overview: Chapter 1 (p. 22-26)
- OCT Embedding: Chapter 1 (p.27, 30-32)
- Carefully label each block with the unique sample designation. Mark the desired cutting surface if submitting blocks.

Fixed Frozen Samples

- Please refer to the [fixed frozen tissue manual](#) for instructions on sample preparation.
- We encourage clients to submit section slides, please follow instructions on section slide submission below.

Section Slide Submission:

- Cryosectioning, section placement: Chapter 1 (p. 30-31, 35-38)
- Carefully label each tissue slide with the unique sample designation.
- Printable checklist: [Fixed Frozen-freshly mounted slides checklist](#)

OCT Block Submission:

- Tissue handling, fixation, freezing, & embedding, cryosectioning, section placement overview: Chapter 1 (p. 22-28)
- Fixation, OCT Embedding: Chapter 1 (p. 29-30, 32-35)
- Carefully label each block with the unique sample designation. Mark the desired cutting surface if submitting blocks

Instructions: 10x Visium HD

FFPE Sample Preparation

- FFPE block requirements: human or mouse tissue fixed in a crosslinking formaldehyde solution, such as 10% neutral buffered formalin (NBF) or 4% paraformaldehyde (PFA), and then embedded in paraffin wax.
- Please refer to the [FFPE tissue slide preparation](#) manual.
 - Archived FFPE tissue slides: Chapter 1 (p.21)
 - Freshly mounted FFPE tissue slides: Chapter 2 (p.33-41)
- Please refer to the [FFPE tissue preparation manual](#) to verify the region of interest the tissue slide is located in an area that is compatible with 10x Visium HD workflow
- For recommendations on slides for specific tissues, please see “tested slides” tab of this [excel sheet](#).
- Carefully label each block or slide with the unique sample designation. Mark the desired cutting surface if submitting blocks.

At least two weeks prior to sample shipment:

- Notify the Project Management team at custom-services@admerahealth.com of estimated sample shipment.
- Include in the email images of the Region Of Interest (ROI) - see example images on [Region of Interest Page](#).

Preparing Shipment:

1. Print quote and shipping note from [Shipping Note Page](#).
2. Place the completed form in a sealed plastic bag and include it in the shipment container.
3. Place sample tubes and shipping forms in polystyrene box with **enough ice pack** and fill empty space within the box with bubble wrap or packing material to ensure that materials do not move during shipping.
4. Ship package with Next-Day delivery service (e.g., FedEx Priority Overnight or UPS Next Day Air).
5. Email the completed sample submission form and tracking number to
 - a. Custom-services@admerahealth.com.

Shipping Instructions – FF & Fixed Frozen

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Notify the Admera team at custom-services@admerahealth.com **a least two weeks** prior to sample delivery.

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions FF & Fixed Frozen Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online Sample Information Form**
- Frozen samples (BSL-2 only): Complete Sample Safety Consent Form** and submit electronically to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the sample ID on the slide or block container.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Review shipping best practices in the Fresh Frozen sample [preparation manual](#) (p.34 for tissue block and p.35 for tissue slide); or Fixed Frozen sample preparation manual (p.39 for tissue block and p.40 for tissue slide)

Documents & package markings:

- Include a copy of your **Admera Health Quote #** the completed sample form in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Slip** inside AND outside the package for these project types:
 - **Shipping slip** [here](#)

Temperature & cold chain:

- Follow the temperature requirements for your sample type:
 - **Dry ice shipments** for fresh frozen and fixed frozen samples → include at least **5 lbs of dry ice per transit day**; Ship the materials in a polystyrene box with at least 1" thick walls and minimal dimensions of 8"x6"x4". Ensure there is a Dry Ice label on the outside

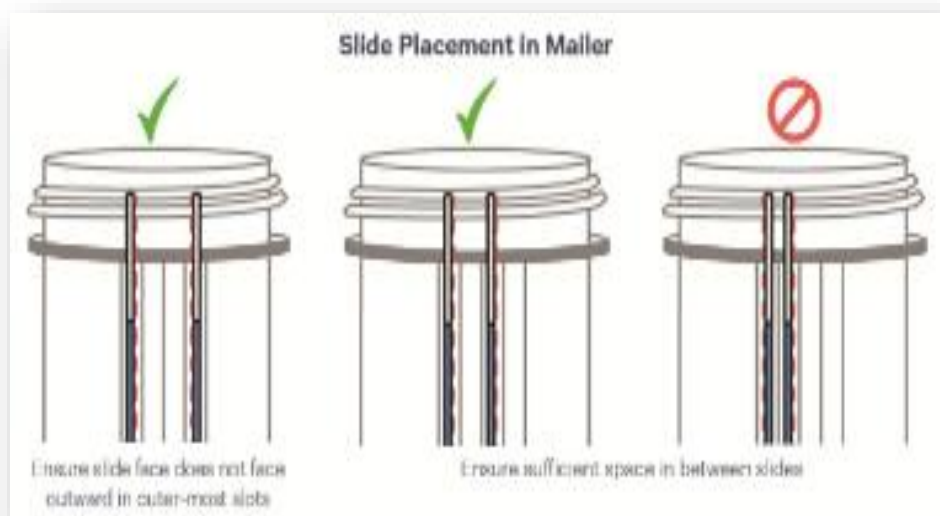
Step 4. Ship Your Package

- Confirm the **Admera Health Quote #** appears on the shipping label.
- Ship package with Next-Day delivery service (e.g., FedEx Priority Overnight or UPS Next Day Air).

Step 5. Notify Admera After Shipping

- Email the **tracking number**, completed sample submission form and **sample photos** to custom-services@admerahealth.com.
- Include in the email images of the **Region of Interest (ROI)** - see example images [here](#).

Packaging Recommendations



Instructions: 10x Visium HD

FFPE Sample Preparation

- We encourage clients to submit section slides. Please refer to the [FFPE tissue slide preparation manual](#) for instructions.
- Please refer to the [FFPE tissue preparation manual](#) to verify the region of interest in the tissue slide is located in an area that is compatible with 10x Visium HD workflow
- For recommendations on slides for specific tissues, please see “tested slides” tab of this [excel sheet](#).
- Carefully label each block or slide with the unique sample designation. Mark the desired cutting surface if submitting blocks.

Section Slide Submission:

- Archived FFPE tissue slides: Chapter 1 (p.23)
- Carefully label each slide with the unique sample designation
- Printable checklist: [FFPE-Archived slides checklist](#)

Freshly Mounted Slide Submission:

- Freshly mounted tissue handling, fixation, embedding: Chapter 2 (p. 36-41)
- Freshly mounted FFPE tissue slides: Chapter 2 (p.42-50)
- Carefully label each slide with the unique sample designation. Mark the desired cutting surface if submitting blocks
- Printable checklist: [FFPE-freshly mounted slides checklist](#)

FFPE Block Submission:

- Fix human or mouse tissue in a crosslinking formaldehyde solution, such as 10% neutral buffered formalin (NBF) or 4% paraformaldehyde (PFA), and then embedded in paraffin wax.
- Carefully label each block with the unique sample designation. Mark the desired cutting surface if submitting blocks.

Shipping Instructions - FFPE

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Notify the Admera team at custom-services@admerahealth.com **at least two weeks** prior to sample delivery

Samples must arrive **Monday–Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions FFPE Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online Sample Information Form**
- FFPE samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the sample ID on the top of each slide or block container.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only
- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Review examples in Packaging Recommendations

Documents & package markings:

- Include a copy of your **Admera Health Quote #** the completed sample form in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Note** inside AND outside the package for project types:
 - **Shipping** slip [here](#)

Temperature & cold chain:

- Follow the temperature requirements for your sample type:
 - **Ice pack shipments** for FFPE samples→ use ice packs and fill remaining space with bubble wrap or packing material to ensure that materials do not move during shipping

Step 4. Ship Your Package

- Confirm the **Admera Health Quote #** appears on the shipping label.
- Ship package with Next-Day delivery service (e.g., FedEx Priority Overnight or UPS Next Day Air).

Step 5. Notify Admera After Shipping

- Email the **tracking number**, completed sample submission form and **sample photos** to custom-services@admerahealth.com.
- Include in the email images of the region of interest (ROI) as seen in [Region of Interest \(ROI\) Page](#).

Packaging Recommendations

Recommended (do these things)



STOmics Stereo-seq Sample Preparation Requirements

Sample Type	Quantity	Quality	Shipping Method
Fresh Frozen	Mounted on Chip-T	1 chip Additional OCT blocks/sections for QC and permeabilization testing	Dry Ice
	OCT Block	Minimum: 1 block Recommended: additional test blocks*	RIN \geq 7 Dry Ice
Fixed Frozen	Mounted on Chip-T	1 chip Additional OCT blocks/sections for QC and permeabilization testing	Dry Ice
	OCT Block	Minimum: 1 block Recommended: additional test blocks*	RIN \geq 5 Dry Ice
FFPE	Mounted on Chip-N	1 chip Additional FFPE blocks/sections for QC	Ice Pack
	FFPE Block	Minimum: 1 block Recommended: additional test blocks*	Recommended DV200 \geq 50% Ice Pack

Please submit a [Sample Safety Consent Form](#)

Instructions: Stereo-seq

Stereo-seq fresh frozen and fixed frozen samples

We encourage clients to submit section slides, please follow instructions on tissue mounting onto Chip-T*

Sample Preparation:

- Please refer to the [manual for instructions on sample preparation](#):
FFPE Block Preparation: See Chapter 2 (p.13-22) for OCT embedding instructions
Section Slide Preparation: See Chapter 3 (p. 23-29) for tissue mounting onto Chip-T
- Carefully label each block or chip with the unique sample designation. Mark the desired cutting surface if submitting blocks.

Ship samples to:

Attention: **Admera Health Quote #**
 Admera Health, LLC
 126 Corporate Blvd
 South Plainfield, NJ 07080
 Phone +1-908-222-0533
 Email custom-services@admerahealth.com

Notify the Admera team at custom-services@admerahealth.com **at least two weeks** prior to sample delivery

Samples must arrive **Monday-Friday only**. Do NOT ship on days that would result in weekend arrival.

Shipping Instructions Stereo-seq Checklist

Step 1. Submit required documents (at least 24 hours before shipping)

- Complete the online Sample Information Form**
- Frozen samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to custom-services@admerahealth.com

Step 2. Label Your Samples

- Write the sample ID on the slide or block container.** Confirm it matches what you submitted electronically.
- Keep IDs **short and simple**, less than 8 characters with letters and numbers only

- Take a photo** of all labeled samples before packing.

Step 3. Pack Your Shipment

Packaging (choose the right container):

- Follow shipping best practices in the [preparation manual](#) (p.22 for OCT and p.29 for mounted tissue on Chip-T).

Documents & package markings:

- Include a copy of your **Admera Health Quote #** the completed sample form in the package.
- Mark the outside with the **Project ID** and **Service Type**.
- Include the required **Shipping Slip** inside AND outside the package for project types:
 - **Shipping** slip [here](#).

Temperature & cold chain:

- Follow the temperature requirements for your sample type:
 - **Dry ice shipments** for fresh frozen and fixed frozen samples→ include at least **5 lbs of dry ice per transit day**; Ship the materials in a polystyrene box with at least 1" thick walls and minimal dimensions of 8"x6"x4". Ensure there is a Dry Ice label to the outside

Step 4. Ship Your Package

- Confirm the **Admera Health Quote #** appears on the shipping label.
- Ship package with Next-Day delivery service (e.g., FedEx Priority Overnight or UPS Next Day Air).

Step 5. Notify Admera After Shipping

- Email the **tracking number**, completed sample submission form and **sample photos** to custom-services@admerahealth.com.
- Include in the email images of the region of interest (ROI) as seen in [Region of Interest \(ROI\) Page](#).

Instructions: Stereo-seq

Stereo-seq FFPE samples

Sample Preparation:

- We encourage client to submit section slides, please follow instructions on tissue mounting onto Chip-N
- Please refer to the [manual](#) for instructions on sample preparation:

OCT Block Sample Preparation: See Chapter 2 (p. 2-8) for FFPE block requirements

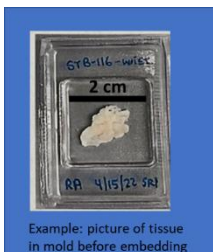
Section Slide Sample Preparation: See Chapter 2 (p. 9-14) for tissue mounting onto Chip-N

- Carefully label each block or chip with the unique sample designation. Mark the desired cutting surface if submitting blocks.

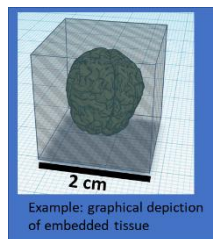
Spatial Transcriptomics: Region of Interest (ROI)

Email the Project Management team at custom-services@admerahealth.com images of the region of interest at least 2 weeks before sample arrival (can be images taken from search engines or H&E staining images if histological analysis has been previously performed).

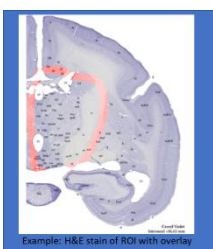
Examples of ROI Images which provide helpful information



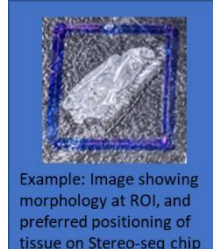
Example: picture of tissue in mold before embedding



Example: graphical depiction of embedded tissue



Example: H&E stain of ROI with overlay



Example: Image showing morphology at ROI, and preferred positioning of tissue on Stereo-seq chip

Other Considerations:

- Tissue size: The covering tissue may not exceed 80% of the chip surface for Stereo-seq workflow. No limit for 10x Visium HD workflow.
- The best results are obtained when mounting a single section, with a single embedded tissue onto a chip. However, it is possible to process samples with multiple tissues embedded in a single block or mount multiple sections onto a single chip (note that there may be a risk of RNA diffusion). If required, please notify the Project Management Team.

Shipping Note

Stereo-seq Samples 10x Visium HD Samples

Please direct packages to Admera Health spatial transcriptomics team for accessioning!



Get in touch

 126 Corporate Boulevard, South Plainfield, New Jersey 07080

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