



SINGLE-CELL SEQUENCING

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

Sample Type	Quantity	Quality	Shipping Method
Fresh & Cryopreserved <u>Recommended</u> >1M cells/sample, in duplicate <u>Minimum</u> 200k cells/sample, in duplicate		<u>Recommended:</u> >90% viability	<u>Fresh Cell</u> Courier service within a 4-hour driving distance
		<u>Acceptable:</u> 70-90% viability	OR Stored in MACS cell storage buffer and sent with an ice pack
		<u>Dead Cell Removal Required:</u> *50-70% viability 50-70% dead cell removal Minimum 300k cells	<u>Cryopreserved</u> Dry Ice
		<u>Fail QC:</u> <50% viability	

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

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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.

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 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

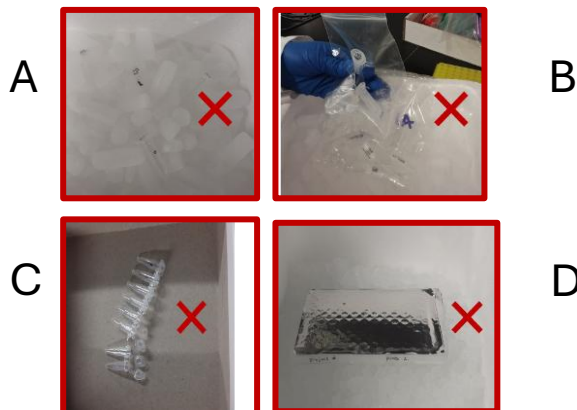
Recommended (do these things)

- 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!**