



# 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](http://www.admerahealth.com)  
908-222-0533

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

# Single-Cell & 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
<b>Fresh Frozen</b>	Sectioned Slides	Minimum: 3-4 slides	Recommended RIN $\geq$ 7 Acceptable RIN $\geq$ 4	Dry Ice
	OCT Block	Minimum: 1 block  Recommended: additional test blocks		
<b>Fixed Frozen</b>	Sectioned Slides	Minimum: 3-4 slides	DV200 $\geq$ 50%	Dry Ice
	OTC Block	Recommended: additional test blocks*		
<b>FFPE</b>	Archived FFPE Slides	Minimum 5-10 slides	Recommended DV200 $\geq$ 50%	Ice Pack
	Freshly mounted FFPE slides	Minimum: 5-10 slides  Minimum: 1 block		
	FFPE	Recommended: additional test blocks*		

\*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](#)

#### **OTC 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](#)

#### **OTC 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

## 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](mailto:custom-services@admerahealth.com)

Notify the Admera team at [custom-services@admerahealth.com](mailto: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**
- Frozen samples (BSL-2 only): Complete Sample Safety Consent Form** and submit electronically to [custom-services@admerahealth.com](mailto: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 to the outside

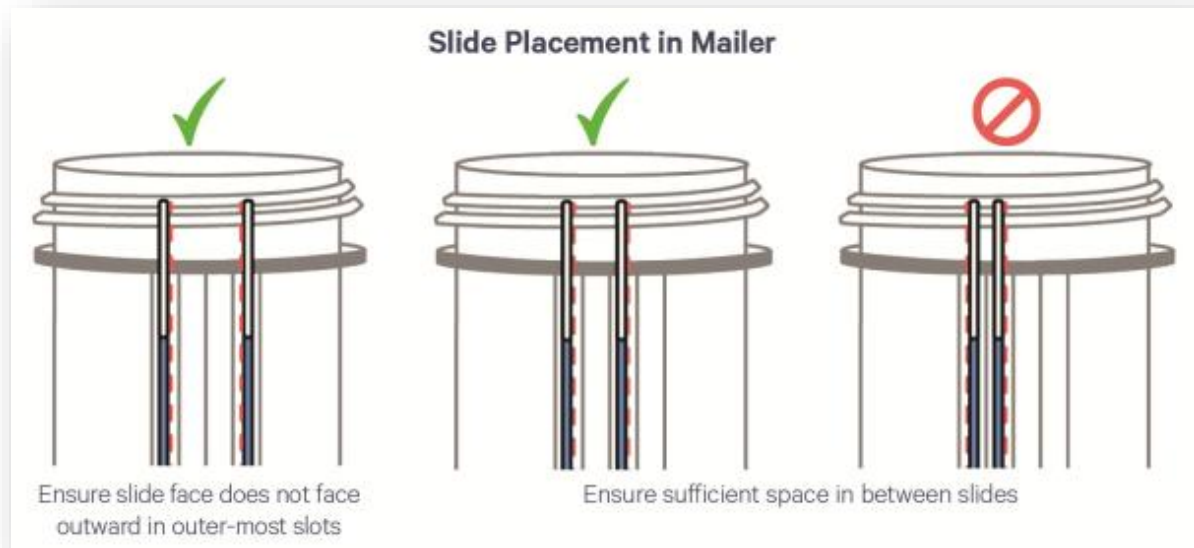
## Step 4. Ship Your Package

- 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](mailto: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](#).
- 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.

#### **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 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:**

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

## Shipping Instructions - FFPE

### Ship samples to:

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Admera Health, LLC  
126 Corporate Blvd  
South Plainfield, NJ 07080  
Phone +1-908-222-0533  
Email [custom-services@admerahealth.com](mailto:custom-services@admerahealth.com)

Notify the Admera team at [custom-services@admerahealth.com](mailto: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
- FFPE samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to [custom-services@admerahealth.com](mailto: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 Slip** inside AND outside the package for these project types:
  - Shipping** slip [here](#)

#### *Temperature & cold chain:*

- Follow the temperature requirements for your sample type:
  - Ice pack shipments** for FFPE samples→ use enough 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](mailto: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	
<b>Fresh Frozen</b>	Mounted on Chip-T	1 chip Additional OCT blocks/sections for QC and permeabilization testing	RIN ≥ 7	Dry Ice
	OTC Block	Minimum: 1 block Recommended: additional test blocks*		Dry Ice
<b>Fixed Frozen</b>	Mounted on Chip-T	1 chip Additional OCT blocks/sections for QC and permeabilization testing	RIN ≥ 5	Dry Ice
	OTC Block	Minimum: 1 block Recommended: additional test blocks*		Dry Ice
<b>FFPE</b>	Mounted on Chip-N	1 chip Additional FFPE blocks/sections for QC	Recommended DV200 ≥ 50%	Ice Pack
	FFPE Block	Minimum: 1 block Recommended: additional test blocks*		Ice Pack

## 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](#):

**OCT 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:

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Admera Health, LLC

126 Corporate Blvd

South Plainfield, NJ 07080

Phone +1-908-222-0533

Email [custom-services@admerahealth.com](mailto:custom-services@admerahealth.com)

Notify the Admera team at [custom-services@admerahealth.com](mailto: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**

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

## Shipping Instructions – Stereo-seq

### Ship samples to:

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Admera Health, LLC  
126 Corporate Blvd  
South Plainfield, NJ 07080  
Phone +1-908-222-0533  
Email [custom-services@admerahealth.com](mailto:custom-services@admerahealth.com)

Notify the Admera team at [custom-services@admerahealth.com](mailto: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**
- FFPE samples (BSL-2): Complete Sample Safety Consent Form** and submit electronically to [custom-services@admerahealth.com](mailto: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 best shipping practices in the Appendix I of the [preparation manual](#) (p. 15-18).

#### *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:
  - Ice pack shipments** for FFPE samples→ use enough 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.
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#### Step 5. Notify Admera After Shipping

- Email the **tracking number**, completed sample submission form and **sample photos** to [custom-services@admerahealth.com](mailto: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)

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



# Shipping Note

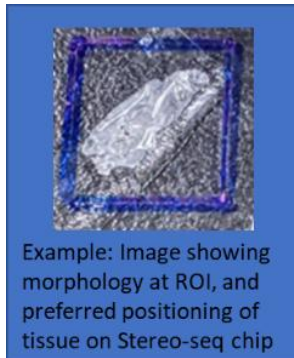
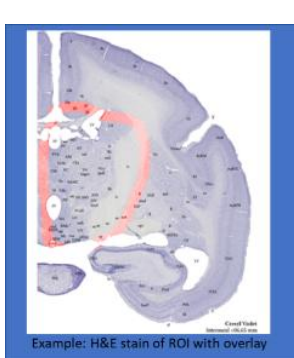
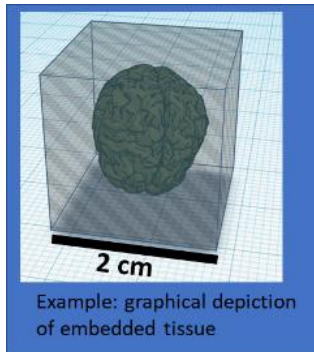
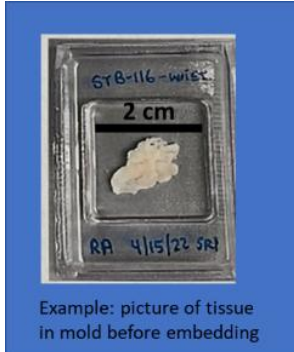
## Stereo-seq Samples 10x Visium HD Samples

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

## Spatial Transcriptomics: Region of Interest (ROI)

Email the Project Management team at [custom-services@admerahealth.com](mailto: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



### 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.