

## Muscle Biopsy Procedure

Victorian Neuromuscular Laboratory Service (VNLS)  
Alfred Health

Director: Prof Catriona. A. McLean (03) 9076 3150

Senior Scientist: Paul Kennedy (03) 9076 5448 (Lab)

Scientist: Fatema Tajbhai (03) 9076 5448 (Lab)

Facsimile: 9076 2899

Correct handling of a muscle biopsy is important for interpretation of the specimen.

- Please deliver the specimen before 4pm.
- Please do not freeze the specimen.
- Do not immerse the specimen in any fluid.
- Do not use any diathermy instrument on the muscle specimen.
- Do not infuse the muscle with local anesthetic.

One (1) specimen is required.

1. A **20 x 10 x 10 mm** rectangular piece of muscle is collected from the patient and placed in a dry sterile container (yellow lid).

Place this specimen in an esky with ice cubes and dispatch to the VNLS.

### **Please deliver to:**

Victorian Neuromuscular Laboratory Service  
Alfred Pathology Service  
Ground Floor  
Main Ward Block  
Commercial Rd  
Melbourne  
VIC 3004



**ANATOMICAL  
PATHOLOGY**  
Victorian Neuromuscular  
Laboratory Service  
(613) 9076 3150  
Prof. C.A. McLean

10<sup>th</sup> February 2017



TheAlfred

55 Commercial Road  
Melbourne VIC 3004

Mailing Address  
PO Box 315  
PRAHRAN VIC 3181

Telephone 03 9076 2000  
www.alfred.org.au

Dear Surgeon,

I am writing to inform you of changes to the muscle biopsy requirements for diagnostic muscle biopsies taken for the Victorian Neuromuscular laboratory service (VNLS) based at Alfred Hospital.

We are simplifying the requirements and will no longer be clamping muscle. From now on we will only require a **single fresh muscle biopsy specimen measuring 20 x 10 x 10mm**. This specimen should be sent to the VNLS on ice by 4pm on the day of surgery.

If at any time you would like to ask any questions about muscle biopsies please feel free to ring us on 90765448.

Yours sincerely,

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**Professor Catriona A McLean BSc, MBBS, FRCPA, MD, FFSc, FAHMS**  
Head Anatomical Pathology, Alfred Health  
Director, Victorian Neuromuscular Network, Alfred Health

P: 0390763513, F: 0390762899  
c.mclean@alfred.org.au

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Paul Kennedy Senior Scientist VNLS