



SAMPLE SUBMISSION GUIDELINES

Get your samples ready for success.

Shipping rules, sample requirements and protocols — genomics to single-cell.

The Sample Submission Form

Every shipment needs a completed Sample Submission Form (electronic, emailed ahead — or on paper with the samples). Sample names on the form must match tube labels exactly, in name and quantity.

Tube labeling. Max. 4 alpha-numeric characters on the lid (e.g. 4B01). Use black permanent marker at the top and side of the tube — never an oil pen directly on the tube wall.

Shipping guidelines

- 1** Match the form to the shipment — sample names and quantities must exactly match what's physically sent.
- 2** Use 1.5 mL centrifuge tubes where possible, sealed with parafilm, inside a 50 mL tube or rigid support padded with cotton/foam.
- 3** Large-scale projects: well-sealed 96-well plates or strip-tubes, every well sealed with adhesive film. Ship on blue ice or dry ice.
- 4** Never write directly on the tube with an oil pen — use black permanent marker at the top and side.
- 5** DNA in 70% ethanol travels at room temperature; DNA in HO or TE buffer needs ice packs.
- 6** RNA, cells, bacteria and frozen tissue: snap-freeze in liquid nitrogen, then ship on dry ice.
- 7** Blood samples: 5–10 mL anticoagulant vessels, wrapped in bubble wrap, packed in a rigid box.
- 8** Notify us before shipping — send the form and tracking number by email. We can't receive weekend deliveries.
- 9** We recommend FedEx, DHL or UPS for all shipments.

Sample requirements by platform

Quick reference only — full requirement tables for every service and sample type are online at genxmap.com/omics4/sample-submission-guidelines.

Platform	Typical input	Quality bar
01 · Sample Prep & Extraction	Raw sample (blood, tissue, cells, FFPE, saliva, plasma, stool, bacteria...)	Chain-of-custody documented from intake
02 · Quality Control	Any extracted nucleic acid or protein	Qubit concentration, 260/280 & 260/230 purity, Bioanalyzer RIN/DIN
03 · Genomics (WGS/WES/targeted)	≥ 500 ng genomic DNA (Illumina); ≥ 3–5 µg for PacBio/Nanopore	OD260/280 ≈ 1.8–2.0, no degradation
04 · Transcriptomics (RNA-seq)	≥ 500 ng – 3 µg total RNA, or 1×10 ⁶ cells	A260/280 ≥ 1.8, A260/230 ≥ 1.8, RIN ≥ 6
05 · Quantitative PCR & Genotyping	1–50 ng DNA/cDNA per reaction (target-dependent)	Same DNA/RNA quality bar as sequencing
06 · Proteomics	10–30 µg total protein lysate (Western blot); MS scoped per project	Cold-chain (4°C short-term) or –80°C, avoid freeze/thaw
07 · Metagenomics & Microbiome	≥ 500 ng metagenome DNA; ≥ 100 ng for 16S/18S/ITS	5 ng/µL (16S) to 20 ng/µL (shotgun) fluorometric
08 · Exosomes & EVs	≥ 15 mL cell supernatant or ≥ 1 mL serum/plasma	≥ 100 ng cargo RNA for downstream RNA-seq

A note on precision

Genomics, Transcriptomics and Metagenomics figures above are sourced from our validated Illumina/PacBio/Nanopore service specifications. Quantitative PCR and Proteomics figures are typical industry ranges — exact input for your specific assay or partner lab run is confirmed when we scope your project, at no cost.

Suggested quantities — general samples

Sample type	Recommended quantity	Shipping
Cell	1×10 ⁶ cells	Dry ice
Fresh frozen tissue	10 mg	Dry ice
FFPE	≥ 4 slides, 5–20 µm, >150 mm ²	Room temp / blue ice
Whole blood (fresh, EDTA)	2 mL	Blue ice
Plasma / serum	10 mL	Dry ice
Saliva	1 mL	Dry ice / blue ice
Stool	100 mg	Dry ice
Swabs	2 tubes/sample, 1 swab/tube	Room temperature

Ready to ship?

Tell us your sample type, volume and biological question at contact@omics4.com or via the booking form at genxmap.com/omics4/contact — we'll confirm exact requirements and shipping instructions before you send anything.

Full guidelines, all requirement tables and step-by-step protocols: genxmap.com/omics4/sample-submission-guidelines