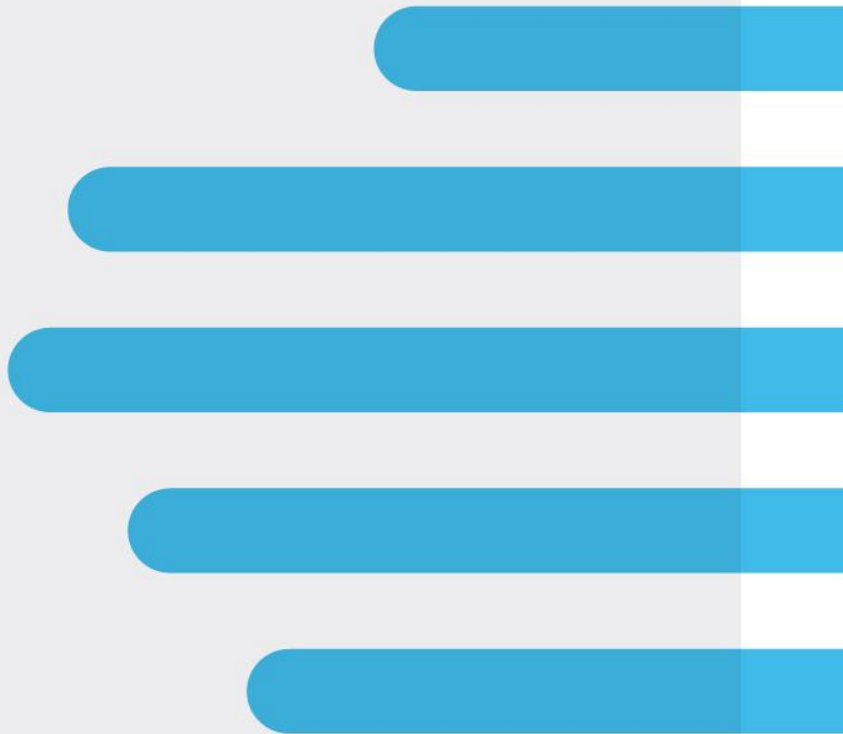


IQVIA Laboratories “How To” Guide

How To Use Erythrocyte Sedimentation Rate (ESR) Instructions

August 2025

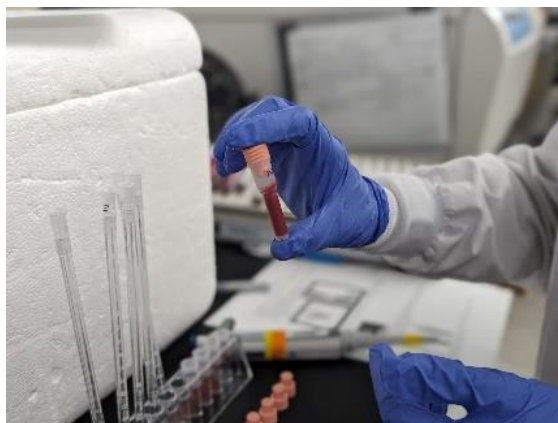


INSTRUCTIONS

1. From the ESR supplies take 1 lavender capped EDTA tube, 1 Sediplast vial and 1 Sediplast calibrated tube.
2. Remove cap from the Sediplast vial.
3. Using a transfer pipette, add 0.8mL of whole blood collected from lavender top EDTA tube to fill the vial to the bottom of the fill line. Ensure the blood is to the fill line.

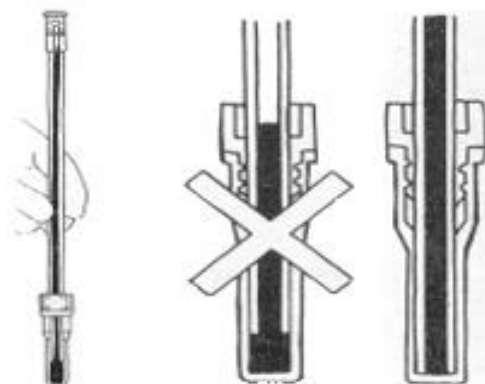


4. Replace pink cap and gently invert several times to mix.



5. Place vial in its rack on a level surface. (The clear plastic rack that holds up to 10 Sediplast vials was sent with the initial ESR Supplies Kit. Do not discard rack. Rack should be used throughout the study.)

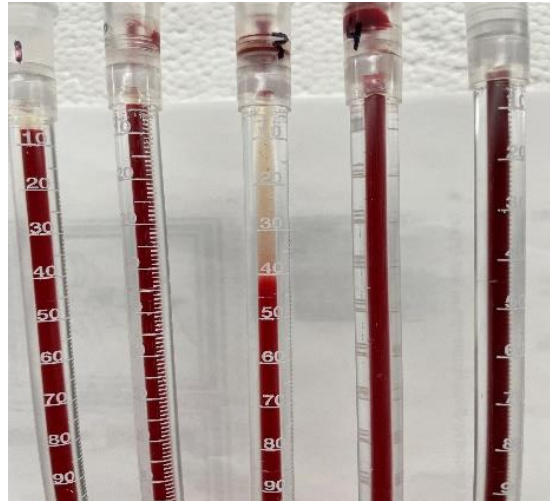
6. Carefully insert the calibrated tube through the pierceable pink cap until the tube comes into contact with the bottom of the vial. (The diaphragm of the pink cap is designed to break under the light pressure of inserting the tube.)



7. **Important:** To ensure accurate results, it is important that the calibrated tube makes firm contact with the bottom of the vial.
- The calibrated tube will auto-zero the blood and any excess will flow into the reservoir compartment.
 - The calibrated tube must be filled to the 0mm line with no air bubbles to obtain a valid result.



8. Let the sample stand for exactly 1 hour.
9. Read to the nearest 1mm the height of the clear plasma above the upper limit of the column of sedimented cells (i.e. the lower meniscus of clear plasma at the interface between red cells and yellow plasma).



10. Record the result in mm/hr.
11. Dispose of vial and tube properly after use. Do NOT send the lavender EDTA tube used for ESR assay back to IQVIA Laboratories. **Do not discard the clear plastic rack.**

REVISION LOG

Date/Version	Page(s)	Revision	Notes
V01 August 2025	N/A	N/A – first version	