ASCEND

A Study of **C**ardiovascular **E**vents i**N** **D**iabetes

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[Date]

Dear Colleague

Request for blood sample for the ASCEND trial

Your patient is participating in the ASCEND (A Study of Cardiovascular Events iN Diabetes), which is a nationwide study with over 15,000 men and women with diabetes taking part. It is a randomised trial assessing the benefits and risks of aspirin and/or omega-3 fatty acids in patients with diabetes with no previous history of cardiovascular disease. Further information about this study is available on www.ctsu.ox.ac.uk/ascend.

An optional, but we believe valuable, part of the study involves obtaining blood and urine samples to measure glycaemic control, lipids, renal function and biochemical measurement of the effect of the study medications.

We should be very grateful, therefore, if you would help us by collecting a blood sample and transferring the urine specimen brought by the participant to the two different containers. In addition, it would be most helpful if you could record both the time of the last dose of study aspirin/placebo and their current medication on the enclosed consent form. Detailed instructions are printed on the back of this letter.

We apologise for troubling you with this request, but your collaboration would be extremely helpful. Many thanks.

Yours sincerely

Professor Jane Armitage

Dr Louise Bowman

Study Coordinators

Instructions for collecting and mailing of blood and urine samples

1. Please check that the name of the study participant corresponds to that on the enclosed barcode labels and consent form.

2. Ensure that the consent form has been completely filled-in, signed and dated. (N.B. If the patient has not brought the consent form, please call the Freefone number below and ask for a copy to be faxed to you.)

3. Please measure the patient's weight and record this on the consent form as indicated. Please fill in the list of medication the patient is currently taking.

4. Collect 9ml of blood into the purple-topped vacuette [EDTA] and label this using one of the blood sample labels from the enclosed sheet. **Please attach the label as straight as possible lengthways, and as close to the bung as possible.** Then place the labelled vacuette (top upright) in one lined, green-topped, opaque white plastic tube, ensuring that the cotton-wool bung provided is inserted into the green lid, before securing it tightly.

   (N.B. If the vacuette fails or is broken we should be most grateful if you would use one of your own ETDA-containing vacutainers (9ml if possible, otherwise 5ml). A spare blood sample barcode label is enclosed should you need it.

5. Using the pipette, transfer 5ml of urine from the universal container brought by the participant to the small white topped tube and 10 ml of urine to the white top tube which contains small white tablet (a preservative), and label those using the urine sample labels from the enclosed sheet. Then place the labelled tubes (top upright) in the green-topped plastic tubes provided, again ensuring that the cotton-wool bungs are inserted into the green lids before securing those tightly. Then discard the universal container with remaining urine.

6. Please indicate on the consent form that a blood and/or urine sample has been obtained and date the form.

7. Put three green-topped mailing tubes in the cardboard box and secure the lid. (Please do not write on the box.) Put this, **together with the completed consent form,** in the pre-addressed reinforced white envelope (no stamp required).

8. **Please mail the envelope today,** as any delay will result in sample degradation.

Please call the ASCEND study office on Freefone 0800 585323 if you have

any queries regarding this.

Many thanks for your collaboration.