

# PHOENIX FLYER

February 2005

## The Coming and the Going

Phoenix Laboratory welcomes Small Animal Internist, Elizabeth Settles, and bids farewell to Clinical Pathologist, Florence Poitout.

### INTRODUCING.....

**Elizabeth Settles, DVM  
Diplomate, ACVIM  
Small Animal Internist**



Dr. Settles attended the University of Kentucky where she studied Microbiology and Music Performance. She received her Doctor of Veterinary Medicine Degree from Auburn University and did a small animal medicine and surgery internship at the University of Missouri. Dr. Settles then completed a dual residency in Cardiology and Internal Medicine at Missouri. She is board certified in ACVIM, Internal Medicine.

Dr. Settles moved to San Francisco in 1994 and established her cardiology practice. In 1999, she began attending the University of San Francisco School of Law. She graduated with her JD in 2002 and a certificate in Intellectual Property and Internet Technology Law. Dr. Settles practiced cardiology and emergency/critical care medicine at the Berkeley Center for Special Veterinary Services where she was also the Medical Director.

Dr. Settles joins the Phoenix consultant group to provide internal medical consultation, Monday through Friday, 9AM-5PM. She welcomes your calls and looks forward to personally meeting you at the WSVMA 2005 Annual Conference in Yakima.

Dr. Settles' hobbies include SCUBA diving, hiking, cooking and travel. She shares her life with her two dogs, Luke the Labrador Retriever and Clarence the Bull Dog, and her three cats, Pollyanna, Rocky, and Tony.

### A FOND FAREWELL.....

**Florence Poitout, DVM  
Diplomate, ACVP  
Clinical Pathologist**



Dr. Poitout joined the Phoenix Central Laboratory consulting group in January of 2001.

A native of Paris, France and graduate from Maisons-Alfort Veterinary School, Florence shared with us many great champagne and food recommendations. And, I'm sure, we all enjoyed her case consultations in a fine French accent.

Florence and her husband will be relocating to Quebec, Canada where they will continue practicing veterinary sciences.

We all wish Florence well in her new adventures.

*Bon Voyage!  
Florence*

## Wetlab Space Available Avian/Reptile Hematology

**Three spaces remain for upcoming wetlab!**

February 27 (Sun) 1:00-4:30PM  
with Dr. Sturtevant

Call the Laboratory 1-800-347-0043, 425-355-5252, or  
email to [lindaj@pclv.net](mailto:lindaj@pclv.net)

# PHOENIX CENTRAL LABORATORY

Excellence in Veterinary Science



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In This Issue...

Welcome to Elizabeth Settles, DVM, and Farewell to Dr. Poitout  
New On-Line Features Transporting Urine WetLab-Space for 3!

## TRANSPORTING URINES



No Additive Tube (left)  
Conical Urine Transport Tube (right)

In light of current veterinary textbooks\* and because it can be difficult to obtain large quantities of urine from smaller patients, we will now be using a standard amount of 5 ml of urine to centrifuge for sediment examination. If less than 5 ml is used to obtain sediment, the following comment will be added to the report: "Less than 5 ml received. Interpret urine sediment accordingly".

To answer questions that have been asked frequently about the best way to submit urine for urinalysis and / or urine culture:

The two tubes at the left are best suited for urine transport.

For **Urinalysis only**, the conical shaped, blue-capped tube is preferred. This tube offers a 12 ml fill capacity. Submit as much urine as possible, preferably at least 5 ml for optimal urinalysis results.

These conical tubes are not sterile, but they are clean and do not promote bacterial growth within 24 hours. Please store them in the plastic bags provided.

For **Urine Culture**, the clear cap / red stoppered No Additive Tube is recommended. This 3 ml tube is sterile and offers ample space for urine culture, 1 ml being adequate.

For **Urinalysis with Culture and Sensitivity, If Indicated**, submit urine in both containers, the clear cap / red stoppered No Additive Tube and the blue capped conical tube. Again, 1 ml in the No Additive Tube is adequate for culture, and whenever possible, at least 5 ml urine in the conical tube.

\*A comprehensive text is: Osborne, CA and Stevens JB. Urinalysis: A Clinical Guide to Compassionate Patient Care. Bayer Corporation. 1999.

## NEW ON-LINE FEATURES

### ON-LINE FORMS

Phoenix Laboratory Test Request Forms and Clinic Supply Order Forms are now available online at our website [www.pclv.net](http://www.pclv.net)

These forms are printable from the website, but they do not provide the necessary client information that controls the delivery of results, etc.

Please take time to provide your clinic name, your location, a fax and a phone number.

Saving a copy for your own follow-up is always a good idea.