

**Supplementary Table S1. Assessment of haemolysis risk using different methods.**

| <b>Sample</b>                  | <b>Visual</b> | <b>A<sub>414</sub></b> | <b>miR ratio</b> |
|--------------------------------|---------------|------------------------|------------------|
| E1 30m                         | No            | 0.113                  | 3.1              |
| E1 2h                          | No            | 0.185                  | 6.7*             |
| E1 6h                          | No            | 0.157                  | 5.1*             |
| E1 24h                         | No            | 0.418*                 | 5.3*             |
| E2 30m                         | No            | 0.127                  | 4.8              |
| E2 2h                          | No            | 0.182                  | 7.5*             |
| E2 6h                          | Yes*          | 0.241*                 | 7.9*             |
| E2 24h                         | Yes*          | 0.259*                 | 6.0*             |
| E3 30m                         | No            | 0.097                  | 3.5              |
| E3 2h                          | No            | 0.141                  | 6.0*             |
| E3 6h                          | Yes*          | 0.230*                 | 7.5*             |
| E3 24h                         | Yes*          | 0.245*                 | 6.4*             |
| E4 30m                         | No            | 0.100                  | 4.0              |
| E4 2h                          | Yes*          | 0.247*                 | 7.5*             |
| E4 6h                          | Yes*          | 0.315*                 | 6.4*             |
| E4 24h                         | Yes*          | 0.244*                 | 6.8*             |
| E5 30m                         | No            | 0.127                  | 2.6              |
| E5 2h                          | No            | 0.197                  | 2.5              |
| E5 6h                          | No            | 0.189                  | 2.7              |
| E5 24h                         | No            | 0.185                  | 3.0              |
| * indicates risk of haemolysis |               |                        |                  |