

Coenzyme Q10

CPT Code: 82542

Order Code: C295

ABN Requirement: No

Synonyms: Ubiquinone; Q10; Coenzyme Q; Ubiquinol

Specimen: Serum or EDTA Plasma

Volume: 1.0 mL

Minimum Volume: 0.3 mL

Container: Gel-barrier tube (SST, Tiger Top) or EDTA (Lavender Top) tube

Collection:

Serum:

1. Collect and label sample according to standard protocols.
2. Gently invert tube 5 times immediately after draw. DO NOT SHAKE.
3. Allow blood to clot 30 minutes.
4. Centrifuge for 10 minutes.

Plasma:

1. Draw and gently invert 8 to 10 times.
2. Centrifuge for 10 minutes.
3. Pre-squeeze transfer pipet bulb and draw off approximately 2/3 of the upper plasma layer.
Note: This ensures that the buffy coat and red cells remain undisturbed.
4. Aliquot plasma into labeled transport tube labeled as "EDTA plasma" and cap tightly. Discard original tube.
5. Store transport tube refrigerated at 2-8°C until ready to ship.

Patient Preparation: Do not take Coenzyme Q10 supplements the morning of the test. Individuals do not need to discontinue other nutritional supplements prior to testing.

Transport: Store serum at 2°C to 8°C after collection and ship **the same day** per packaging instructions provided with the Cleveland HeartLab shipping box. **Please wrap the sample in foil or transfer samples to amber tubes if**

they are not to be shipped the same day. Samples must be protected from direct light.

Stability:

Ambient (15-25°C): Not Acceptable

Refrigerated (2-8°C): 14 days

Frozen (-20°C): 6 weeks

Deep Frozen (-70°C): 6 weeks

Causes for Rejection: Samples that are not shipped the same day of collection and without protection from light exposure; specimens other than serum or EDTA plasma; improper labeling; samples not stored properly; samples older than stability limits

Methodology: Liquid Chromatography-Tandem Mass Spec (LC/MS/MS)

Turn Around Time: 3 to 5 days

Reference Range:

Population reference range: 0.36 to 1.59 µg/mL. Studies have suggested that serum levels of Coenzyme Q10 at ≥ 2.0 µg/mL show an anti-hypertensive effect.

Intended Use: CoQ10 testing is useful for individuals on statin therapy who may or may not be experiencing myalgia symptoms, hypercholesterolemic individuals, and asymptomatic individuals at risk for vascular disease who may have low ApoA1 and/or HDL levels.

Additional Information: CoQ10 levels can decline with increasing age, in individuals with poor nutritional habits, and in several disorders, including congestive heart failure, breast cancer, or HIV.

The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.