**Lactose Tolerance Test**

**CPT Code:** 82951 (x1), 82952 (x2)

**Order Code:** C2412

**ABN Requirement:** No

**Synonyms:** Lactase Deficiency, Carbohydrate Intolerance, Disaccharidase Deficiency, Congenital Alactasia

**Specimen:** Plasma

**Volume:** 1.0 mL per tube

**Minimum Volume:** 0.3 mL per tube

**Container:** Potassium Oxalate/Sodium Fluoride (Gray top) tube

**Collection:**

1. Draw and gently invert 8 to 10 times.
2. Centrifuge immediately for 10 minutes at 1300 RCF at room temperature.
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 and cap tightly. Discard original tube.
5. Store transport tube refrigerated at 2-8°C until ready to ship.

**Patient Preparation:** Patient must fast a minimum of 6 hours.

**Special Instructions:** Immediately after a fasting specimen is obtained, have patient ingest a 50g dose of lactose in 400 mL water. Draw subsequent specimens at 30, 60, 90, and 120 minutes after ingestion of lactose. Label each tube with the specific collection time.

**Transport:** Store plasma at 2°C to 8°C after collection and ship the same day per packaging instructions provided with the Cleveland HeartLab, Inc. shipping box.

**Stability:**

- **Ambient (15-25°C):** 24 hours
- **Refrigerated (2-8°C):** 72 hours
- **Frozen (-20°C):** 30 days
Deep Frozen (-70°C): 30 days

Causes for Rejection: Specimens other than potassium oxalate/sodium fluoride plasma; improper labeling (including draw time labeling); samples not stored properly; samples older than stability limits

Methodology: Glucose Hexokinase

Turn Around Time: 2-3 days

Reference Range:

Critical Values:

Clinical Information: Evaluation of suspected lactose intolerance and diarrhea.