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.