

Vitamin Testing Collection Guidelines

For additional collection information and alternate collection containers, consult our Test Directory on our website - www.cpllabs.com

Order Code	Test Name	Preferred Specimen	Container Type	Minimum Volume	Transport Temperature	Specimen Stability	Rejection Criteria
4950	Vitamin A	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge sample within 2 hours of collection. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical frozen (CFZ). Patient should be fasting overnight and not have ingested any alcohol for 1 day prior to collection. When multiple tests are ordered, submit separate tube for this test.	Serum Separator Tube (SST)	0.5 mL serum	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	After separation from cells: unacceptable room temperature; 28 days refrigerated; 6 weeks frozen	<ul style="list-style-type: none"> Room temperature samples Whole blood Body Fluid
4952	Vitamin B-1 Sufficiency Eval	2 mL EDTA whole blood. Transfer 2 mL whole blood to a plastic transport tube. Clearly label tube as EDTA whole blood. Freeze. Critical frozen (CFZ). When multiple tests are ordered, submit separate tube for this test.	EDTA (lavender top) Tube	0.5 mL whole blood	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	Unacceptable room temperature; unacceptable refrigerated; 1 month frozen	<ul style="list-style-type: none"> Room temperature samples Refrigerated samples Samples collected in glass tubes
4969	Vitamin B-1 Intake Eval	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes. Centrifuge sample within 2 hours of collections. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical Frozen (CFZ). Protect sample from light during collection, storage, and transport.	Serum Separator Tube (SST)	0.5 mL serum	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	Max. 3 hrs room temperature to process; unacceptable refrigerated; 1 month frozen	<ul style="list-style-type: none"> Whole blood Room temperature samples (must be frozen prior to transport) Refrigerated samples Samples not protected from light
5014	Vitamin B-2 (Riboflavin)	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes. Centrifuge sample within 2 hours of collections. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical Frozen (CFZ). Protect sample from light during collection, storage, and transport.	Serum Separator Tube (SST)	0.5 mL serum	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	Max. 3 hrs room temperature to process; unacceptable refrigerated; 1 month frozen	<ul style="list-style-type: none"> Refrigerated samples Room temperature samples (must be frozen prior to transport) Whole blood and body fluid samples Samples not protected from light
4955	Vitamin B-3	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes. Centrifuge sample within 2 hours of collections. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical Frozen (CFZ). Protect sample from light during collection, storage, and transport.	Serum Separator Tube (SST)	0.5 mL serum	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	Unacceptable room temperature; unacceptable refrigerated; 1 month frozen	<ul style="list-style-type: none"> Room temperature samples Refrigerated samples Whole blood and body fluid samples Samples not protected from light
4956	Vitamin B-6	1 mL sodium or lithium heparin (green top) plasma. Centrifuge sample and separate plasma from cells within 2 hours of collection. Transfer plasma to a plastic transport tube. Clearly label tube as heparin plasma. Freeze. Critical frozen (CFZ). Protect sample from light during collection, storage and transport. When multiple tests are ordered, submit separate tube for this test. Patient should be fasting prior to collection.	Sodium or Lithium Heparin (green top) Tube	0.5 mL plasma	Critical Frozen (CFZ) ($\leq -20^{\circ}\text{C}$)	After separation from cells: unacceptable room temperature; unacceptable refrigerated; 1 month frozen	<ul style="list-style-type: none"> Room temperature samples Refrigerated samples Whole blood Samples not protected from light

Order Code	Test Name	Preferred Specimen	Container Type	Minimum Volume	Transport Temperature	Specimen Stability	Rejection Criteria
3414	Vitamin B-7	1 mL serum from a plain red-top tube. Allow sample to clot in an upright position for at least 60 minutes, then centrifuge sample and transfer serum to a plastic transport tube within 2 hours of collection. Clearly label tube as Serum from a plain red-top tube. Freeze. When multiple tests are ordered, submit separate tube for this test.	Red-Top Tube	0.5 mL serum	Frozen	3 days room temperature; 3 days refrigerated; 2 weeks frozen	<ul style="list-style-type: none"> Samples collected in serum separator tube
2840	Vitamin B-12	2 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge sample within 2 hours of collection. Refrigerate. Note: Do not collect samples from patients receiving therapy with high biotin doses (>5 mg/day) until at least 8 hours following last biotin administration.	Serum Separator Tube (SST)	Adult: 1 mL serum Pediatric: 0.2 mL serum (does not allow for repeat or additional testing)	Refrigerated (2-8 °C)	1 day room temperature; 4 days refrigerated; 56 days frozen	<ul style="list-style-type: none"> Hemolysis
2827	Vitamin B-12 Reflex MMA	This test requires submission of 2 separate serum samples. 1) 2 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge samples within 2 hours of collection. Refrigerate. Note: Do not collect samples from patients receiving therapy with high biotin doses (>5 mg/day) until at least 8 hours following the last biotin administration. 2) 2 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge samples within 2 hours of collection. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical frozen (CFZ). When multiple tests are ordered, submit separate tubes for this test. Reflex to methylmalonic acid if result is <300 pg/mL.	Serum Separator Tube (SST)	1 mL serum in each of 2 tubes	1 Sample Refrigerated (2-8 °C) 1 Sample Critical Frozen (CFZ) (≤ -20 °C)	1 day room temperature; 4 days refrigerated; 56 days frozen	<ul style="list-style-type: none"> Hemolysis Allow only 1 freeze/thaw cycle
2955	Vitamin B-12 & Folic Acid	2 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge sample within 2 hours of collection. Protect sample from light during collection, storage and transport. Refrigerate. Do not collect samples from patients receiving therapy with high biotin doses (>5 mg/day) until at least 8 hours following the last biotin administration.	Serum Separator Tube (SST)	1 mL serum	Refrigerated (2-8 °C)	1 day room temperature; 4 days refrigerated; 28 days frozen	<ul style="list-style-type: none"> Hemolysis Allow only 1 freeze/thaw cycle
5020	Vitamin C (Ascorbic)	1 mL sodium or lithium heparin plasma. Place sample in ice bath immediately after collection. Centrifuge sample and separate plasma from cells within 1 hour of collection. Transfer plasma to a plastic transport tube. Freeze. Critical frozen (CFZ). Protect sample from light during collection, storage, and transport. Fasting sample is preferred. When multiple tests are ordered, submit separate tube for this test.	Heparin (green top) Tube	0.3 mL plasma	Critical Frozen (CFZ) (≤ -20 °C)	After separation from cells: unacceptable room temperature; unacceptable refrigerated; 1 month frozen (when light-protected)	<ul style="list-style-type: none"> Gross hemolysis EDTA plasma Whole blood Body fluid Samples not protected from light Refrigerated samples Avoid freeze/thaw cycle Unacceptable room temperature
4958	Vitamin D 25 OH	0.5 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge sample within 2 hours of collection. Refrigerate. Vitamin D Coverage policies from Aetna®, Cigna®, UnitedHealthcare® Community Plan and other commercial insurance providers can be accessed here: www.cpllabs.com/VitD_Coverage	Serum Separator Tube (SST)	0.3 mL serum	Refrigerated (2-8 °C)	7 days room temperature; 7 days refrigerated; 6 months frozen	<ul style="list-style-type: none"> Gross hemolysis Samples with triglycerides >1000 mg/dL Heat inactivated samples
4960	Vitamin D, 1, 25-Dihydroxy	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge sample within 2 hours of collection. Refrigerate. Vitamin D Coverage policies from Aetna®, Cigna®, UnitedHealthcare® Community Plan and other commercial insurance providers can be accessed here: www.cpllabs.com/VitD_Coverage	Serum Separator Tube (SST)	0.5 mL serum	Refrigerated (2-8 °C)	7 days room temperature; 14 days refrigerated; 1 month frozen	<ul style="list-style-type: none"> Gross hemolysis Lipemia Icterus
4962	Vitamin E	1 mL serum. Allow SST to clot in an upright position for at least 30 minutes, then centrifuge samples within 1 hour of collection. Transfer serum to a plastic transport tube. Clearly label tube as serum. Freeze. Critical frozen (CFZ). When multiple tests are ordered, submit separate tube for this test.	Serum Separator Tube (SST)	0.5 mL serum	Critical Frozen (CFZ) (≤ -20 °C) (if possible)	Unacceptable room temperature; 28 days refrigerated; 6 weeks frozen	<ul style="list-style-type: none"> Room temperature samples Whole blood Body fluid Samples other than serum or plasma

