



CONSOLIDATED LABORATORY SERVICES

St. Vincent's HealthCare

VITAMIN TESTING CHART

Vitamin Test Name	Specimen Requirements
Vitamin B ₁ (Thiamine) PLASMA (ARUP #80389)	<u>Collect:</u> Green (sodium or lithium heparin), lavender (EDTA), plasma separator tube. Separate plasma from cells within one hour of collection. Transfer 1 mL plasma to a Standard Transport Tube. Refrigerate.
Vitamin B ₁ (Thiamine) <u>WHOLE BLOOD</u> (ARUP # 80388)	<u>Collect:</u> Green (sodium or lithium heparin), or Lavender (EDTA). Transfer 3 mL <u>whole blood</u> to a Standard Transport Tube and send FROZEN.
Vitamin B ₂ (Riboflavin) (ARUP # 81123)	<u>Collect:</u> Green (sodium or lithium heparin), or Plasma Separator Tube. Refrigerate. Separate plasma from cells within 1 hour of collection. Wrap tube in foil to protect from light.
Vitamin B ₆ (ARUP # 80111)	<u>Collect:</u> Green (sodium or lithium heparin), Lavender (EDTA), Serum Separator Tube (SST), or Plain Red Separate plasma or serum from cells within 1 hour of collection. Wrap tube in foil to protect from light. Patient should be fasting 12 hours prior to collection.
Vitamin B ₁₂	<u>Collect:</u> Serum Separator Tube (SST) 4 ml serum, refrigerated. Allow specimen to clot and centrifuge. Freeze if holding longer than 24 hours.
Vitamin C (Ascorbic Acid) (ARUP # 80380)	<u>Collect:</u> Green (sodium or lithium heparin). Place specimen in ice bath immediately. Centrifuge. Transfer plasma and freeze within 1 hour of collection. Wrap tube in foil to protect from light.
Vitamin D 1,25-Dihydroxy (ARUP # 80385)	<u>Collect:</u> Serum Separator Tube (SST) 4 ml serum, refrigerated. Allow specimen to clot and centrifuge. Volume requirement must be met to avoid QNS.
Vitamin D (25-Dihydroxy)	<u>Collect:</u> 3 ml serum minimum, refrigerated. Allow specimen to clot and centrifuge. Send to lab within 24 hours or freeze. Volume requirement must be met to avoid QNS.
Vitamin E, Serum or Plasma (ARUP # 80521)	<u>Collect:</u> Green (sodium or lithium heparin), or serum separator tube, (SST) or Lavender (EDTA) Separate serum or plasma from cells within 1 hour of collection. Transfer 1 mL serum or plasma to a Standard Transport Tube. Avoid hemolysis. Refrigerate. Patient should be fasting 12 hours and abstain from alcohol for 24 hours prior to collection.