Specimen Required: Patient Prep: Patient should be fasting and at complete rest. Patient should avoid any exercise of the arm or hand before or during collection. Draw the specimen without the use of a tourniquet or within three minutes of applying the tourniquet, but before releasing the tourniquet.
Collect: Green (Sodium or Lithium Heparin).
Specimen Preparation: If whole blood is collected in a syringe, transfer immediately to green (sodium or lithium heparin) tube before preparing specimen.
1) Immediately after blood is drawn, add exactly 1 mL whole blood to a chilled pyruvate collection tube containing 2 mL 8 percent (w/v) perchloric acid (ARUP supply #16567) available online through eSupply using ARUP Connect™ or contact Client Services at (800) 522-2787.
2) Mix well for 30 seconds then place in an ice bath for 10 minutes.
3) Centrifuge for 10 minutes at 1500 x g.
4) Decant 2 mL supernatant to an ARUP Standard Transport Tube and freeze. (Min: 1 mL)
Storage/Transport Temperature: Frozen.
Stability (collection to initiation of testing): Ambient: Unacceptable; Refrigerated: 2 days; Frozen: 4 weeks

Note: If addition to perchloric acid is delayed, lactate concentration of whole blood increases by approximately 30 percent after 30 minutes, 50 percent after 1 hour, and 75 percent after 2 hours at room temperature. If less than 1 mL of blood is added to collection tube, pH of the supernatant will be too low for testing.

HOTLINE NOTE: Remove information found in the Unacceptable Conditions field.