

HOTLINE: Effective May 20, 2019

0020097	Zinc, Serum or Plasma	ZINC
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**Performed:** Sun-Sat  
**Reported:** 1-3 days

**Specimen Required:** Patient Prep: Diet, medication, and nutritional supplements may introduce interfering substances. Upon the advice of their physician, patients should be encouraged to discontinue nutritional supplements, vitamins, minerals, and nonessential over-the-counter medications for one week prior to sample draw.  
Collect: Royal Blue (No Additives), Royal Blue (K<sub>2</sub> EDTA), or Royal Blue (Na<sub>2</sub> EDTA).  
Specimen Preparation: **Separate from cells ASAP or within 2 hours of collection.** Transfer 2 mL serum or plasma to an ARUP Trace Element-Free Transport Tube (ARUP supply #43116) available online through eSupply using ARUP Connect™ or contact ARUP Client Services at (800) 522-2787. (Min: 0.5 mL)  
Storage/Transport Temperature: Room temperature. Also acceptable: Refrigerated or frozen.  
Unacceptable Conditions: **Specimens collected in containers other than specified. Specimens transported in containers other than specified. Hemolyzed specimens.**  
Stability (collection to initiation of testing): **Ambient: Indefinitely; Refrigerated: Indefinitely; Frozen: Indefinitely**

**Reference Interval:**  
 Effective May 20, 2019  
 60.0-120.0 µg/dL

**Interpretive Data:** Elevated results may be due to skin or collection-related contamination, including the use of a noncertified metal-free collection/transport tube. If contamination concerns exist due to elevated levels of serum/plasma zinc, confirmation with a second specimen collected in a certified metal-free tube is recommended.

Circulating zinc concentrations are dependent on albumin status and are depressed with malnutrition. Zinc may also be lowered with infection, inflammation, stress, oral contraceptives, and pregnancy. Zinc may be elevated with zinc supplementation or fasting. Elevated zinc concentrations may interfere with copper absorption.

See Compliance Statement B: [www.aruplab.com/CS](http://www.aruplab.com/CS)

**HOTLINE NOTE:** Remove information found in the Note field. There is also a numeric map change associated with this test. Change the numeric map for component 0020097, Zinc, Serum/Plasma from XXXX to XXX.X.