

## Forearm Non-Ischemic Exercise Test

Order Name: **NON-ISCHEMIC**

Test Number: 2001125

Revision Date: 10/01/2022

TEST NAME	METHODOLOGY	LOINC CODE
Lactate Baseline	Colorimetric	59004-2
Ammonia Baseline	GLDH/UV	16362-6
Lactate 1 minute	Colorimetric	59005-9
Ammonia 1 minute	GLDH/UV	16362-6
Lactate 3 minute	Colorimetric	59006-7
Ammonia 3 minute	GLDH/UV	16362-6
Lactate 5 minute	Colorimetric	59007-5
Ammonia 5 minute	GLDH/UV	16362-6
Lactate 10 minute	Colorimetric	59011-7
Ammonia 10 minute	GLDH/UV	16362-6

### SPECIMEN REQUIREMENTS

Specimen	Specimen Volume (mL)	Specimen Type	Specimen Container	Transport Environment
Preferred	1 mL (0.5)	Plasma	Both Gray (Sodium fluoride) and Green (Lithium Heparin)	Refrigerated

**Instructions**

Scheduled collections with the Main Lab at Siegfried Tower Patient Service Center (918) 744-2500 option 1 for x15531.  
1923 S. Utica Ave. Siegfried Tower (5th floor), Tulsa, OK. 74104

**Collect both a Gray (Sodium fluoride) tube for Lactate and Green (Lithium Heparin) tube for Ammonia Level for each collection time listed. Place tubes on ice and deliver to lab immediately following procedure below.**

Testing Procedure

1. Collect a baseline lactate and ammonia level.
2. Patient exercises forearm by squeezing a ball for 90 seconds.
3. Collect a lactate and ammonia level 1 minute after the forearm exercise is completed. Place on ice.
4. Collect a lactate and ammonia level 3 minutes after the forearm exercise is completed. Place on ice.
5. Collect a lactate and ammonia level 5 minutes after the forearm exercise is completed. Place on ice.
6. Collect a lactate and ammonia level 10 minutes after the forearm exercise is completed. Place on ice.

For more information please refer to this test in our [Specialized Test](#) section of our website

**GENERAL INFORMATION**

<b>Testing Schedule</b>	Mon - Fri
<b>Expected TAT</b>	1-2 days
<b>Clinical Use</b>	Useful as a screening test for defects in glycogenolysis and other defects on glycogen metabolism such as myophosphorylase deficiency.
<b>Notes</b>	Lactate and ammonia are drawn simultaneously at different intervals. For more information on this test, access our " <a href="#">Specialized Tests</a> " section.
<b>CPT Code(s)</b>	83605x5, 82140x5
<b>Lab Section</b>	Chemistry