


**Forearm Non-Ischemic Exercise Test**

Order Name: **NON-ISCHEMIC**  
Test Number: 2001125  
Revision Date: 10/01/2022

TEST NAME	METHODOLOGY	LOINC CODE
Lactate Baseline	<a href="#">Colorimetric</a>	59004-2
Ammonia Baseline	<a href="#">GLDH/UV</a>	16362-6
Lactate 1 minute	<a href="#">Colorimetric</a>	59005-9
Ammonia 1 minute	<a href="#">GLDH/UV</a>	16362-6
Lactate 3 minute	<a href="#">Colorimetric</a>	59006-7
Ammonia 3 minute	<a href="#">GLDH/UV</a>	16362-6
Lactate 5 minute	<a href="#">Colorimetric</a>	59007-5
Ammonia 5 minute	<a href="#">GLDH/UV</a>	16362-6
Lactate 10 minute	<a href="#">Colorimetric</a>	59011-7
Ammonia 10 minute	<a href="#">GLDH/UV</a>	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	<p>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</p> <p><b>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.</b></p> <p>Testing Procedure</p> <ol style="list-style-type: none"><li>1. Collect a baseline lactate and ammonia level.</li><li>2. Patient exercises forearm by squeezing a ball for 90 seconds.</li><li>3. Collect a lactate and ammonia level 1 minute after the forearm exercise is completed. Place on ice.</li><li>4. Collect a lactate and ammonia level 3 minutes after the forearm exercise is completed. Place on ice.</li><li>5. Collect a lactate and ammonia level 5 minutes after the forearm exercise is completed. Place on ice.</li><li>6. Collect a lactate and ammonia level 10 minutes after the forearm exercise is completed. Place on ice.</li></ol> <p>For more information please refer to this test in our <a href="#">Specialized Test</a> section of our website</p>			

GENERAL INFORMATION

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