

## Overview

**Method Name**

EIA/ELISA

**NY State Available**

No

## Specimen

**Specimen Type**

GI Plasma

**Specimen Required**

**Patient preparation:** Patient should be fasting 10 - 12 hours prior to collection. Patient should not be on any medications or supplements that may influence: Cholecystokinin (CCK), Glucose, Growth Hormone, Insulin and/or Somatostatin levels, if possible for at least 48 hours prior to specimen collection

**Specimen Type:** GI Plasma

**Container/Tube:** Special tube containing G.I. Preservative (MCL supply number T125).

**Specimen Volume:** 10mL

**Collection Instructions:** Draw 10 mL of blood in special tube containing G.I. Preservative (MCL supply number T125). Specimen should be separated in refrigerated centrifuge as soon as possible and send 3 - 5 mL plasma frozen. Ship frozen.

**Reject Due To**

Hemolysis	NA
Lipemia	NA
Icterus	NA
Other	NA

**Specimen Minimum Volume**

1 mL

**Specimen Stability Information**

Specimen Type	Temperature	Time	Special Container
GI Plasma	Frozen (preferred)	180 days	
	Refrigerated		

**Clinical & Interpretive**
**Clinical Information**

Ghrelin is a novel 28 amino acid peptide derived by post-translational processes from a preproghrelin consisting of 117 residues, secreted by the stomach with specific receptors in the brain involved in appetite regulation. It conveys information to the brain thereby increasing appetite, food intake and body weight and influences the release of growth hormone. Ghrelin is a growth hormone-releasing peptide which acts as an endogenous ligand of the growth hormone secretagogue receptors (GHS-Rs). Ghrelin levels are inversely correlated with body weight and are higher during weight loss.

**Reference Values**

GHRELIN (Total):                    pg/mL

(Plasma)

Adult Reference Range(s)

Normal weight/control subjects: 520 - 700 pg/mL

Obese subjects prior to diet: 340 - 450 pg/mL

Levels:

8:00 am - 12:00 pm: Up to 420 pg/mL

6:00pm:                    Up to 480 pg/mL

Obese subjects post induced weight loss: 450 - 600 pg/mL

Levels:

8:00 am - 12:00 pm: Up to 575 pg/mL

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6:00 pm: Up to 600 pg/mL

Obese subjects post gastric-bypass surgery: Up to 120 pg/mL

## Performance

### PDF Report

No

### Performing Laboratory Location

Inter Science Institute

## Fees & Codes

### Test Classification

This test was performed using a kit that has not been cleared or approved by the FDA and is designated as research use only. The analytic performance characteristics of this test have been determined by Inter Science Institute. This test is not intended for diagnosis or patient management decisions without confirmation by other medically established means.

### CPT Code Information

83520

### LOINC® Information

Test ID	Test Order Name	Order LOINC Value
FGHTL	Ghrelin Total, Plasma	76474-6

Result ID	Reporting Name	LOINC®
Z4193	Ghrelin Total, Plasma	76474-6