Test Definition: FGHTL
Ghrelin Total, Plasma

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.

Specimen Minimum Volume
1 mL

Reject Due To

<table>
<thead>
<tr>
<th>Condition</th>
<th>Reject Due To</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemolysis</td>
<td>NA</td>
</tr>
<tr>
<td>Lipemia</td>
<td>NA</td>
</tr>
<tr>
<td>Icterus</td>
<td>NA</td>
</tr>
<tr>
<td>Other</td>
<td>NA</td>
</tr>
</tbody>
</table>

Specimen Stability Information

<table>
<thead>
<tr>
<th>Specimen Type</th>
<th>Temperature</th>
<th>Time</th>
<th>Special Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>GI Plasma</td>
<td>Frozen (preferred)</td>
<td>180 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refrigerated</td>
<td>24 hours</td>
<td></td>
</tr>
</tbody>
</table>
Clinical and 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
6:00 pm: Up to 600 pg/mL

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

Performance

PDF Report
No

Day(s) and Time(s) Test Performed
Varied; Monday through Friday

Analytic Time
7 days
Maximum Laboratory Time
9-12 days

Performing Laboratory Location
Inter Science Institute

Fees and Codes

Fees
- Authorized users can sign in to Test Prices for detailed fee information.
- Clients without access to Test Prices can contact Customer Service 24 hours a day, seven days a week.
- Prospective clients should contact their Regional Manager. For assistance, contact Customer Service.

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

<table>
<thead>
<tr>
<th>Test ID</th>
<th>Test Order Name</th>
<th>Order LOINC Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FGHTL</td>
<td>Ghrelin Total, Plasma</td>
<td>76474-6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Result ID</th>
<th>Test Result Name</th>
<th>Result LOINC Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z4193</td>
<td>Ghrelin Total, Plasma</td>
<td>76474-6</td>
</tr>
</tbody>
</table>