

LACTIC ACID HANDLING GUIDELINES

PRE-REQUISITES

- These requirements only pertain to Lactic Acid testing performed by the laboratory.
- Point of Care lactic acids performed on the EPOC are not subject to these requirements.
- Patient should be fasting and at complete rest and should not be clenching a fist. If the patient is not fasting please append a comment stating as much.

STEPS

- Release the tourniquet prior to popping the grey tube on for collection or don't use a tourniquet at all. Clenching the fist or the use of a tourniquet can increase the lactic acid levels.
- **Immediately place the grey top on ice to chill.** Please do not put the labeled tube directly on ice. See pictures for options as to keeping the tube dry but chilled.
- The tube can be placed in the finger of a glove and stuck into the ice or place ice into a biohazard bag and zip it shut, and then place the tube in paper sleeve in front of the bag.
- **Specimen must be delivered to the lab within 10 minutes of being drawn, no later.**
- Please contact the laboratory with any questions. Thank you.

