

Spectrum Health Regional Laboratory (Grand Rapids) Preferred Collection Tubes/ Minimum Volumes (quick reference)

This is only a guide and is subject to change. Last reviewed and updated 07/27/2020

Please see spectrumhealth.labcatalog.org for comprehensive and up to date information.

Test Name	Preferred Tube	Also Accept.	Min. Vol (mL)	Preferred tube handling instructions All refrigerated except where noted
Albumin Lvl	Lt Green	Gold	1	Spin within 2 hours
Alk Phos	Lt Green	Gold	1	Spin within 2 hours
ALT	Lt Green	Gold	1	Spin within 2 hours
Ammonia Level	Lavender	N/A	2	***Inpatient hospital draw only. Deliver to lab on ice within 15 min.
Amylase	Lt Green	Gold	1	Spin within 2 hours
AST	Lt Green	Gold	1	Spin within 2 hours
Basic Metabolic Panel	Lt Green	Gold	1	Spin within 2 hours
Bilirubin Total and Direct	Lt Green	Gold	1	Spin within 2 hours **Protect from light
NT-ProBNP (B Natriuretic Peptide)	Lt Green	N/A	2	Spin & aliquot within 2 hrs
Calcium Level	Lt Green	Gold	1	Spin within 2 hours
Carbamazepine Lvl (Tegretol)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
CBC	Lavender	N/A	0.5	Ambient - 8 hours, Refrigerated- 24 hours
Cholesterol	Lt Green	Gold	1	Spin within 2 hours *Fasting recommended
CK / CPK	Lt Green	Gold	1	Spin within 2 hours
Complete Metabolic Panel	Lt Green	Gold	2	Spin within 2 hours
Cortisol Level	Lt Green	Gold	1	Spin within 2 hours Indicate draw time
Creatinine Level	Lt Green	Gold	1	Spin within 2 hours
CRP or CRP Ultrasensitive	Lt Green	Gold	1	Spin within 2 hours
Depakote Level (Valproic)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Digoxin Level (Lanoxin)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Dilantin Level (Phenytoin)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Ferritin	Lt Green	Gold	1	Spin within 2 hours
Fibrinogen	Lt Blue	N/A	N/A	Fill tube. Spin within 4 hours, freeze plasma in 2 or 3 aliquot tubes
Folate Level (Folic Acid)	Gold	N/A	2	Spin within 2 hours **Protect from light
Free T4	Lt Green	Gold	1	Spin within 2 hours
FSH	Lt Green	Gold	2	Spin within 2 hours
Gentamicin Level	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Glucose Level	Lt Green	Gold	1	Spin within 1 hr (ONE HOUR)
HDL Cholesterol	Lt Green	Gold	1	Spin within 2 hours *Fasting recommended
Hemoglobin and Hematocrit	Lavender	N/A	1	Ambient - 8 hours, Refrigerated- 24 hours
Hepatic Function Panel (Liver)	Lt Green	Gold	2	Spin within 2 hours
Hepatitis Tests or Panel	Gold	N/A	2	Spin within 2 hours
Hemoglobin A1c	Lavender	N/A	1	
HIV 1 & HIV 2 Antibody/Antigen Screen	Gold	N/A	2	Spin within 2 hours Consent needed, found under Forms-Lab Catalog
Immunoglobulin G	Gold	Lt Green	2	Spin within 2 hours
Immunoglobulin A	Gold	Lt Green	2	Spin within 2 hours
Immunoglobulin M	Gold	Lt Green	2	Spin within 2 hours
Ionized Calcium (inpatient)	Lt Green	Green	1	Do not spin. Do not open. No ice. Deliver in 30 minutes. Whole Blood
Ionized Calcium (outpatient)	Gold	N/A	2	Spin within 2 hours. Do not expose to air. Do not freeze.
Iron/IBC (% trans saturation)	Lt Green	Gold	2	Spin within 1 hr (ONE HOUR)
Lead Level	Tan	N/A	2	Do NOT Spin
Lipase	Lt Green	Gold	1	Spin within 2 hours
Lipid Panel	Lt Green	Gold	2	Spin within 2 hours *Fasting recommended
Lithium Level	Gold	Red	1	Indicate last dose
Liver Panel (LFT's)	Lt Green	Gold	2	Spin within 2 hours
Electrolytes (Lytes)	Lt Green	Gold	1	Spin within 2 hours
Magnesium Level	Lt Green	Gold	1	Spin within 1 hour (ONE HOUR)
Osmolality	Lt Green	Gold	1	Spin within 2 hours
Phenobarbital Level	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Phenytoin Level (Dilantin)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose

Spectrum Health Laboratory Test Directory and Specimen Collection:

<http://spectrumhealth.testcatalog.org/>

Also available via smart phone web browser (date rates may apply).

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Phosphorus Level	Lt Green	Gold	1	Spin within 2 hours
Potassium Level	Lt Green	Gold	1	Spin within 2 hours
Prealbumin	Gold	N/A	1	Spin within 2 hours
Protein Electrophoresis (SPEP)	Gold	N/A	2	Spin within 2 hours *Fasting recommended
Protein Total	Lt Green	Gold	1	Spin within 2 hours
PSA	Lt Green	Gold	2	Spin within 2 hours
PT/INR Protime	Lt Blue	N/A	N/A	Fill tube. Room Temp (ambient) unless drawn with PTT
PTH Intact	Gold	N/A	2	Spin within 2 hours
PTT/APTT	Lt Blue	N/A	N/A	Fill tube. Spin, aliquot and freeze in 2 or 3 tubes.
Retic Count with Retic Hemoglobin	Lavender	N/A	1	
Syphilis IgG	Gold	N/A	1	Spin within 2 hours
Sed Rate	Lavender	N/A	1	Refrigerate up to 24 hours.
Sodium Level	Lt Green	Gold	1	Spin within 2 hours
Theophylline Level	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Tobramycin Level	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Transferrin	Lt Green	Gold	1	Spin within 2 hours
Triglycerides	Lt Green	Gold	1	Spin within 2 hours *Fasting recommended
Troponin T	Lt Green	N/A	2	Spin within 2 hours
TSH	Lt Green	Gold	1	Spin within 2 hours
Type and Screen	Pink	Lav	2	Follow required guidelines- refer to Lab Catalog for specimen details
Urea Nitrogen (BUN)	Lt Green	Gold	1	Spin within 2 hours
Uric Acid	Lt Green	Gold	1	Spin within 2 hours
Valproic Acid (Depakote)	Lt Green	Gold	1	Spin within 2 hours Indicate last dose
Vancomycin Level	Red	N/A	1	Spin within 2 hours aliquot -plastic vial Indicate last dose
Vitamin B12 Level	Gold	N/A	2	Spin within 2 hours *Fasting recommended
Vitamin D	Gold	Red	2	Spin within 2 hours
Zinc	Royal Blue	N/A	2	Separate serum and RBCs ASAP. Royal Blue tube has red stripe label.

Lt Green = Mint Green Top, Lithium Heparin Gel - For best specimen integrity, these tubes should be spun within 2 hours of collection

Gold = Gold Top, Serum Separator - SST Gel - Allow specimen to clot for 30 minutes and centrifuge within 2 hours of collection

Red = Red Top, No Additive

Royal Blue = Blue Top, Trace element, no additive, plastic tube with red vertical stripe on label - See catalog for collection

Tan = Tan Top, K2 EDTA - Lead Free

Pink = Pink Top, EDTA

Lavender = Lavender top, EDTA

*Fasting recommended: 8 - 12 hours. No food, drink (other than water), smoking, chewing gum, candy, cough drops, etc.

**Protect from light: Use foil wrapping or amber aliquot/pour-over tubes.