

Omega 3 and 6 Fatty Acids S/P

Order Name: **OMEGA 3/6**

Test Number: 2005877

Revision Date: 09/10/2020

TEST NAME	METHODOLOGY	LOINC CODE
Omega-3 (EPA+DHA) Index	Calculation	
Omega-6/Omega-3 Ratio	Calculation	
Arachidonic Acid/EPA Ratio	Calculation	
Arachidonic Acid	Liquid Chromatography/Tandem Mass Spectrometry	
EPA	Liquid Chromatography/Tandem Mass Spectrometry	
DHA	Liquid Chromatography/Tandem Mass Spectrometry	
Cardiovascular Disease Risk	Interpretive information.	

SPECIMEN REQUIREMENTS				
Specimen	Specimen Volume (mL)	Specimen Type	Specimen Container	Transport Environment
Preferred	2 mL (0.4 mL)	Plasma	EDTA (Lavender Top)	Refrigerated
Alternate 1	2 mL (0.6 mL)	Serum	Clot Activator (Red Top, No-Gel)	Refrigerated
Instructions	<p>OVERNIGHT FASTING IS REQUIRED.</p> <p>Unacceptable specimen: Gross Hemolysis; Gross Lipemia; Gross Icteria.</p> <p>STABILITY: Room temperature: 7 Days, Refrigerated: 14 Days, Frozen: 35 Days.</p>			

GENERAL INFORMATION	
Testing Schedule	Mon-Sat
Expected TAT	3-4 Days
Clinical Use	Omega-3 fatty acids are anti-inflammatory and antithrombotic, while omega-6 fatty acids are the opposite (proinflammatory and prothrombotic). Balance between the 2 is important for cardiovascular health. The omega-3 index is an indicator of cardiovascular disease risk.
Notes	Reference Lab: Quest Test Code: 91001 Click Here to view information on the Quest website.
CPT Code(s)	82542
Lab Section	Reference Lab