

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><b>OVERNIGHT FASTING IS REQUIRED.</b></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<br>Test Code: 91001<br><a href="#">Click Here</a> to view information on the Quest website.                                                                                                                                                              |
| CPT Code(s)         | 82542                                                                                                                                                                                                                                                                         |
| Lab Section         | Reference Lab                                                                                                                                                                                                                                                                 |