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**Lab Dept:** Chemistry

**Test Name:** FREE FATTY ACIDS

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***General Information***

**Lab Order Codes:** FFAT

**Synonyms:** Free Fatty Acids, Total, Serum

**CPT Codes:** 82725 – Fatty acids; nonesterified

**Test Includes:** Free fatty acids, total level reported in mmol/L.

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***Logistics***

**Test Indications:** Evaluation of metabolic status of persons with endocrinopathies.  
Detection of pheochromocytoma and of glucagon, thyrotropin, and adrenocorticotropin secreting tumors.  
Monitoring of control of diabetes mellitus.

**Lab Testing Sections:** Chemistry - Sendouts

**Referred to:** Mayo Medical Laboratories (MML Test: NEFA/8280)

**Phone Numbers:** MIN Lab: 612-813-6280

STP Lab: 651-220-6550

**Test Availability:** Daily, 24 hours

**Turnaround Time:** 1 – 3 days, test is set up Monday - Friday

**Special Instructions:** See [Patient Preparation](#)

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***Specimen***

**Specimen Type:** Blood

**Container:** Red top tube

**Draw Volume:** 3 mL (Minimum: 1.5 mL) blood

**Processed Volume:** 1 mL (Minimum: 0.5 mL) serum

<b>Collection:</b>	Routine venipuncture
<b>Special Processing:</b>	Lab Staff: Centrifuge specimen within 45 minutes of draw. Remove serum aliquot and freeze immediately in a screw-capped round bottom plastic vial. Store and ship frozen. Forward promptly.
<b>Patient Preparation:</b>	Patient must be on an overnight fast (preferably 12 – 14 hrs)  Patient must not consume any alcohol for 24 hrs before the specimen is drawn.
<b>Sample Rejection:</b>	Warm specimens; gross hemolysis; gross lipemia; grossly icteric; mislabeled or unlabeled specimens

***Interpretive***

<b>Reference Range:</b>	<b>Age:</b>	<b>Range:</b>
	0-15 years	Not established
	> or = 16 years	0.00 – 0.72 mmol/L

**Critical Values:** N/A

**Limitations:** Patient should fast for 12 to 14 hours; however, in prolonged fasting or starvation, free fatty acid levels rise as much as threefold.

Patient should abstain from alcohol for at least 24 hours.

In order to eliminate the generation of free fatty acids from triglycerides by serum lipases (causing erroneous elevations), serum should be frozen soon after it is drawn and shipped frozen.

**Methodology:** Enzymatic Colorimetric

**References:** [Mayo Medical Laboratories Web Page](#) March 2013

**Updates:** 6/14/2010: Reference range update, previously listed as <730 µEq/L.