Lab Dept: Urine/Stool

Test Name: AMINOLEVULINIC ACID, URINE RANDOM

General Information

Lab Order Codes: UALAR

Synonyms: Aminolevulinic Acid (ALA), Urine Random; Delta ALA, Urine Random; Delta Aminolevulinic Acid, Urine Random

CPT Codes: 82135 – Aminolevulinic acid, delta (ALA)

Test Includes: Urine Aminolevulinic acid concentration reported in nmol/mL.

Logistics

Test Indications: Useful for assistance in the differential diagnosis of the various porphyrias. As an Indicator of lead toxicity in children.

Lab Testing Sections: Urine/Stool - Sendouts

Referred to: Mayo Medical Laboratories (MML Test: ALAUR)

Phone Numbers:
- MIN Lab: 612-813-6280
- STP Lab: 651-220-6550

Test Availability: Daily, 24 hours

Turnaround Time: 3 - 6 days, test set up Tuesday and Thursday at 8 am (not reported Saturday or Sunday)

Special Instructions: N/A

Specimen

Specimen Type: Urine, random

Container: Plastic leakproof urine container

Draw Volume: Entire Random urine collection

Processed Volume: 2 mL (Minimum: 1 mL) random urine

Collection: Routine random urine collection
**Special Processing:** Lab Staff: Remove urine aliquot. Store and ship the specimen at refrigerated temperatures. Forward promptly.

**Patient Preparation:** Patient should abstain from alcohol for 24 hours prior to and during testing.

**Sample Rejection:** Specimens other than urine; mislabeled or unlabeled specimens

### Interpretive

<table>
<thead>
<tr>
<th>Reference Range:</th>
<th>Age</th>
<th>Range (nmol/mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt;1 year:</td>
<td>&lt; or =10 nmol/mL</td>
</tr>
<tr>
<td></td>
<td>1 – 17 years:</td>
<td>&lt; or =20 nmol/mL</td>
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<tr>
<td></td>
<td>&gt; or = 18 years:</td>
<td>&lt; or =15 nmol/mL</td>
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</tbody>
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Interpretation: Abnormal results are reported with a detailed interpretation that may include an overview of the results and their significance, a correlation to available clinical information provided with the specimen, differential diagnosis, recommendations for additional testing when indicated and available, and a phone number to reach one of the laboratory directors in case the referring physician has additional questions.

**Critical Values:** N/A

**Limitations:** The differential diagnosis of delta-aminolevulinic aciduria must be considered on the basis of the patient’s clinical presentation.

The preferred test for lead toxicity in children is blood lead.

**Methodology:** Liquid chromatography – Tandem Mass Spectrometry (LC-MS/MS)

**References:** Mayo Medical Laboratories March 2018