TEST BULLETIN

Vitamin D, 25-Hydroxy

The important role that Vitamin D plays in health requires a highly accurate laboratory test to determine Vitamin D adequacy.

Test Benefits

- Monitors individuals with diseases that interfere with fat absorption, such as Cystic Fibrosis and Crohn's Disease to assure they have adequate amounts of vitamin D.
- Can determine effectiveness of treatment when vitamin D, calcium, phosphorus, and/or magnesium supplements are prescribed.
- Utilizes state-of-the-art Liquid Chromatography, Tandem Mass Spectrometry methodology (LC-MS/MS).

Order Information

Test (Order) Code:

17306 Vitamin D 25-Hydroxy, LC-MS/MS (includes D-2 and D-3)

CPT Code(s):

82306

*The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payor being billed.

Specimen Requirements

1 mL Serum

- Collect blood by venipuncture into plain red top tubes or SST tubes (without anticoagulant).
- Separate the serum from the cells within 1 hour of collection.
- Fasting preferred for 8 - 12 hours, but not required.
- Transported refrigerated specimens are acceptable within the refrigerated stability (3 Days).
- Room temperature transport is unacceptable.

Testing Frequency:

Monday through Friday

Clinical Summary

It has been understood for many years that Vitamin D plays a vital role in the body's ability to maintain strong bones. This fact is related to Vitamin D's regulation of calcium absorption which it vital for bone production and maintenance. Recent studies have also shown a strong link between Vitamin D levels and the prevalence of many cancers such as breast, pancreatic, prostate and colorectal. While this research is still in the early stages, the results are very compelling.

Vitamin D is the only vitamin that is produced by the body itself and is often referred to as the "sunshine vitamin" due to its production by unprotected skin when exposed to sunlight. As the health benefits of vitamin D have come to light, a growing controversy has emerged regarding dermatologist calls to always wear sunscreen when there is potential of exposure to the sun. Sunscreen prevents the UV rays for contacting the skin and thus prevents the natural production of vitamin D. Studies indicate that as little as 15 minutes of sun exposure to unprotected skin two to three times a week is all that is needed to maintain healthy levels of vitamin D. Vitamin D may also be obtained from dietary sources. It is a fat soluble vitamin so individuals on low fat diets or who are unable to absorb fats from their diet are at risk for low vitamin D levels and thus at greater risk for osteoporosis and a number of cancers. Certain medications, such as anticonvulsants, bile acid sequestrants, stomach medications, hormones, corticosteroids, and anticoagulants, can interfere with the body's ability to absorb Vitamin D.

For More Information

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Additional Vitamin D information can be obtained from:
http://www.labtestsonline.org/
http://www.webmd.com/

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