

## *Pathology and Laboratory Medicine Memorandum*

**To:** Central Zone Physicians, Health Service Directors Central Zone,  
Nova Scotia Laboratories

**From:** Dr. Amy Lou Clinical Biochemist, Division of Clinical Chemistry  
Mrs. Catherine Lambert, Manager Community Based Laboratories  
Ms. Cindy Andrews, Manager Core Laboratory

**Date:** June 5, 2019

**Subject:** **Changes to collection of Venous Lactate in the Central Zone**

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Effective July 8, 2019 collection of venous lactate when collected in a vacutainer tube will change to improve the stability of the specimen. Lactate can be requested on laboratory requisitions CD 002A and CD 002B.

Lactate continues to be offered as part of both arterial and venous blood gas panels when collected in a blood gas syringe but due to the significantly higher labour and analytical costs, vacutainer collection is encouraged.

### **Specimen collection requirements:**

Collect specimen in a grey top sodium fluoride vacutainer tube filled to capacity, place on ice and deliver to the laboratory within 30 minutes.

### **Reference range:**

Reference range remains at 0.5-2.2 mmol/L.

### **Nova Scotia Laboratories processing requirements:**

Specimen must be centrifuged and aliquoted within 60 min of the collection. The plasma aliquot is then stable for 8 hours at 15-25°C or 14 days at 4 - 8°C.

If you have any questions, please contact Dr. Amy Lou at 902-473-1528.