



Phenylalanine Loading Assay Plasma Collection Instructions

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Information Required for Requisition and Sample Labeling:

Be sure the samples are labeled properly with the patient(s) name(s) and your facility ID number. Please include: tests required, sample date, date of birth, current medications and relevant medical history. Be sure to complete your billing information on our site at www.mnglabs.com/forms. **Failure to provide this information may result in delayed processing of test.**

Collection Instructions:

1. Patient may have a light breakfast - minimal protein.
2. Weigh the patient.
3. At least one hour after breakfast, collect 2 mLs of blood into a heparin vacutainer (sodium or potassium). Centrifuge, separate plasma, and place plasma into a new tube labeled "time 0 (baseline)" in addition to all required patient identifiers. The plasma must be separated from the blood within 10 minutes for all samples collected, then immediately frozen below -20°C.
4. Mix (100mg/kg body weight) L-phenylalanine (pharmaceutical grade) in approximately 100 mL of orange juice, lemonade, etc (do not use grapefruit juice or any drink containing aspartame or protein). The L-phenylalanine does not dissolve very well, therefore swirl the drink to mix just prior to consumption. Have the patient drink the mix as fast as possible. Add another 100 mL of juice to the container to mix in the residual phenylalanine. Have the patient consume this also as quickly as possible. Repeat the rinse and drink step if necessary.
5. Note the time.
6. The patient is to have NO FOOD for the following 4 hours. Water is allowed.
7. After 1, 2, and 4 hours, collect 2 mL's of blood into a heparin vacutainer (sodium or potassium). Centrifuge, separate plasma, and place plasma into a new tube labeled with the corresponding time (i.e. "time 1") in addition to all required patient identifiers. The plasma must be separated from the blood within 10 minutes for all samples collected, then immediately frozen below -20 °C.
8. Ship all four samples from the patient overnight to MNG Laboratories on 3-5lbs of dry ice.