

Coenzyme Q10

CPT Code: 82542

Order Code: C295

ABN Requirement: No

Synonyms: Ubiquinone; Q10; Coenzyme Q; Ubiquinol

Preferred Specimen: Serum

Volume: 1.0 mL

Minimum Volume: 0.3 mL

Container: Gel-barrier tube (SST, Tiger Top)

Collection:

Serum:

1. Collect and label sample according to standard protocols.
2. Gently invert tube 5 times immediately after draw. DO NOT SHAKE.
3. Allow blood to clot 30 minutes.
4. Centrifuge for 10 minutes.

Fasting: Not Required.

Patient Preparation: Do not take Coenzyme Q10 supplements the morning of the test. Individuals do not need to discontinue other nutritional supplements prior to testing.

Transport: Store sample at 2°C to 8°C after collection and ship **the same day** per packaging instructions included with the provided shipping box. **Please wrap the sample in foil or transfer samples to amber tubes if they are not to be shipped the same day. Samples must be protected from direct light.**

Stability:

Ambient (15-25°C): Not Acceptable

Refrigerated (2-8°C): 14 days

Frozen (-20°C): 6 weeks

Deep Frozen (-70°C): 6 weeks

Causes for Rejection: Samples that are not shipped the same day of collection if

not protected from light exposure; improper labeling; samples not stored properly; samples older than stability limits

Methodology: Liquid Chromatography-Tandem Mass Spec (LC/MS/MS)

Turn Around Time: 3 to 5 days

Reference Range:

Clinical Significance: CoQ10 testing is useful for individuals on statin therapy who may or may not be experiencing myalgia symptoms, hypercholesterolemic individuals, and asymptomatic individuals at risk for vascular disease who may have low ApoA1 and/or HDL levels.

CoQ10 is a key component of the electron transport chain, which creates energy. It is also involved in antioxidant pathways, including the regeneration of the protective functions of Vitamin E. CoQ10 may interact with the anticoagulant (blood thinner) warfarin and the diabetes drug insulin, and it may not be compatible with some types of cancer treatment.

For more information, visit <https://www.nccih.nih.gov/health/coenzyme-q10/>

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 payer being billed.