

TEST STATUS – NEW TEST

Notification Date: 4/8/25

Effective Date: 5/7/25

Test Name: Insulin-Like Growth Factor 1 (IGF-1) with Calculated Z-Score

Test ID: LAB6758

Explanation: On the effective date, IGF-1 with z score will be performed at MetroCenter.

Useful For: Aids in the diagnosis of growth hormone excess or deficiency disorders.

Methodology: Chemiluminescent immunoassay

Reference Interval: Age and gender-specific reference interval will be provided. Both patient age and sex are required for Z-score calculation. Reference intervals have not been established in individuals older than 85 years.

Specimen Requirements:

Specimen Type:	Serum
Alternate Specimen:	Not applicable
Container/Tube:	Serum Separator Tube (Gold Top)
Specimen Preparation:	Spin and separate as soon as possible
Specimen Volume:	Fill to Indicator Line
Pediatric Collection:	2 Gold Microtainer (0.5 mL minimum)
Storage/Transport Temperature:	Refrigerated (2° to 8°C)

Specimen Stability Information:

Specimen Type	Temperature	Time
Serum	Ambient	24 hours
Serum	2° to 8°C	1 week
Serum	Frozen	1 year

Interpretation: A Z score is the number of standard deviations a given result is above (positive score) or below (negative score) the age- and sex-adjusted population mean. Results that are within the IGF-1 reference interval will have a Z score between -2.0 and +2.0.

Reasons for Rejection: Improper collection container, sample outside of stability limits.

CPT Code(s): 84305

Days(s) Performed: Tuesday and Friday

Report Available: 7 days

THE FOLLOWING TEST CODE(S) WILL BECOME OBSOLETE

Test Name/Alias	Obsolete Test ID	Obsolete Referral Lab	Code Referral Lab	Replace with Test ID
Insulin-Like Growth Factor 1 (IGF-1) with Calculated Z-Score	LAB5880	ARUP	2007698	LAB6758

Questions: Please get in touch with Vanderbilt Medical Laboratories Customer Service at 615-875-5227 (5-LABS) or 800-551-5227 or visit our website: [Home | Vanderbilt Medical Laboratories \(yumc.org\)](http://Home | Vanderbilt Medical Laboratories (yumc.org))