

# ALT

## Synonyms

SGPT, alanine aminotransferase.

## Clinical Indication

ALT is a sensitive test of hepatocyte damage and may be elevated in asymptomatic individuals with viral hepatitis.

## Part of Profile / See Also

Liver Function Test.

## Request Form

Combined Pathology manual Blood form or ICE request

## Availability / Frequency of Analysis

On request.

## Turnaround Time

Same day

## Patient Preparation

None

## Sample Requirements

### Specimen Type

Serum and Plasma

### Volume

2 ml

### Container



Yellow top (SST) tube



Or Paediatric green top (lithium-heparin)

Plain serum samples may also be used.

## Reference Range & Units

Males: Less than 50 IU/L  
Females: Less than 35 IU/L  
Reference: Beckman method insert

## Interferences

Patients may have a falsely low ALT if there is significant levels of sulfasalazine or sulfapyridine present in their blood. Therefore, in such patients, it is recommended that blood for ALT is taken before next dose (trough level) when any interference will be minimised.

## Interpretation & Clinical

### Decision Value (if applicable)

Critical Difference 65%

A raised ALT is the most common abnormality of LFT's. ALT levels are particularly affected by obesity (BMI > 30); alcohol abuse and certain medications may also cause rises in ALT.

## References

Beckman method insert

## Test code

L (part of the liver function test)

## Lab Handling

Analysed from primary tube and stored at 4°C.

Serum and plasma stable at 2-8°C 7 days.

Serum and plasma stable at 15-25°C 3 days.