


Carbohydrate Deficient Transferrin

Synonyms	CDT-IFCC (Replaces outgoing Classic CDT)
Clinical Indication	Marker of Chronic Excessive Alcohol Consumption
Part of Profile / See Also	
Request Form	As appropriate from source.
Availability / Frequency of Analysis	Referral Test – samples to be analysed by Synlab Laboratory Services (SLS) Abergavenny 9301 or King’s
Turnaround Time	2 Weeks
Patient Preparation	None
Sample Requirements	
Specimen Type	(SST Tube) serum only 
Volume	500 ul serum
Container	SST tube or any other container without anticoagulant.
Reference Range & Units	Capillary Electrophoresis and HPLC CDF-IFCC:>1.7% positive. Clinical >2% Absolute and Forensic positive
Interferences	Haemolysis, Lipaemia depending on method used.
Interpretation & Clinical Decision Value (if applicable)	CDT-IFCC upper reference level 1.7%. A value of 2% confirms absolute positivity of chronic consumption. The consumption of 50 to 80 grams of alcohol every day for a period of one week induces a rise in carbohydrate deficient transferrin (CDT/CDT IFCC) levels. After withdrawal, the serum CDT concentration declines, with a half-life of 14 to 17 days.
References	Standardisation and use of alcohol biomarker CDT Helander et al. Clin Chim Acts 2016 May 21; 459:19:24
Test code	CDTI, CDTS, CDTH, CDTR, CDTN, CDTL
Lab Handling	Samples received directly in CDT Laboratory for matching, labelling and centrifuging prior to storage or analysis.