

Alanine aminotransferase (ALT)

Alanine aminotransferase is an enzyme which is important for amino acid biosynthesis. This enzyme is found in the highest amounts in the liver. Injury to the liver results in release of the substance into the blood.

Why the ALT Test is Performed?

This test is used to determine if a patient has a liver damage.

How the Test is Performed and How to Prepare for the Test?

For the test a blood sample is needed without any special preparation.

What Abnormal Results Mean?

Normal range: Female 3 - 31 IU/L in Male 3-41 IU/L.

Normal range can vary according to a number of factors, including age and gender.

Increased level of ALT often means that liver disease is present. Liver disease is even more likely when levels of other liver blood tests are also increased (eg.: AST, ALP, bilirubin).

An increase in ALT levels may be due to:

- Cirrhosis
- Hepatitis
- Hemochromatosis
- Liver ischemia
- Liver tumor or cancer
- Medications that are toxic to the liver
- Mononucleosis
- Pancreatitis

Alternative Names

Serum glutamic-pyruvic transaminase (SGPT), Alanine transaminase.