



Gin or Gilbert's?

Coming up to a hectic winter period, Mr S.Claus, who is recovering from a recent viral illness, presents to his GP and undergoes some routine blood tests. He has no significant medical history apart from a wrist fracture the previous year due to a sleigh ride incident involving a grumpy reindeer.

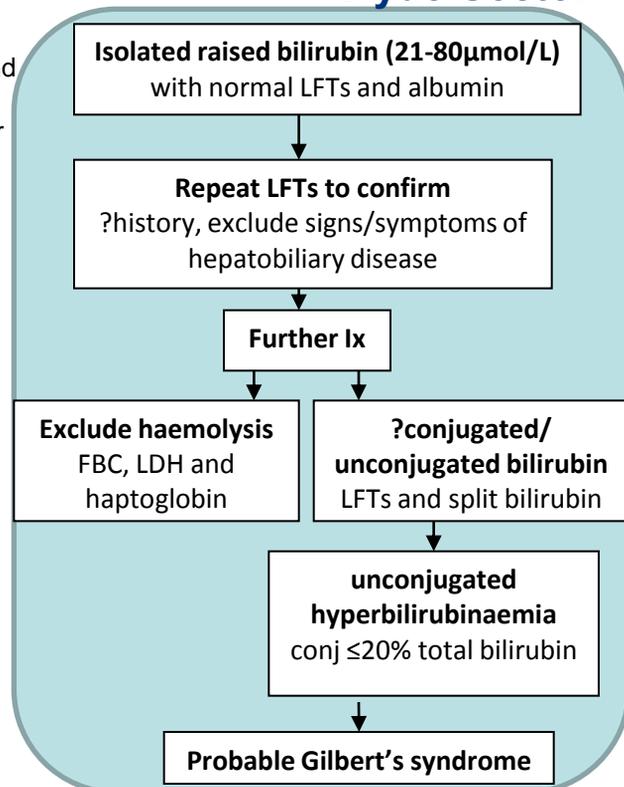
No abnormality was detected on blood results except for a slightly raised bilirubin of 46 $\mu\text{mol/L}$ ($\text{RR} \leq 20$).

In the absence of any signs of liver disease, history and biochemistry are suggestive of Gilbert's syndrome; an inherited disorder resulting in a 60-70% decrease in the liver's ability to conjugate bilirubin. The increase in unconjugated bilirubin can result in episodes of mild jaundice precipitated by fasting and illness.

This is a **benign** condition, which does not indicate liver damage and jaundice should resolve in a few days. It is important the patient is made aware of the diagnosis, reassured, and that the hyperbilirubinaemia does not result in over-investigation. Genetic testing for Gilbert's is available but unnecessary.

The flowchart is included to assist in investigation of isolated hyperbilirubinaemia.

Clyde Sector



Haematology Update

Anti-Cardiolipin Testing

All Anti-Cardiolipin testing is now performed in the Haemostasis lab at Glasgow Royal Infirmary using a 3.5mL Trisodium Citrate tube. Immunology no longer provide this service.

Citrate Platelet Counts

When a platelet count is required using a 3.5mL Trisodium Citrate sample because of platelet clumping issues with EDTA sample tubes, please mark the specimen bag clearly that this tube is for 'citrate platelet counting'.

Blood Film Requests

Blood film examination is a tool used in the diagnosis and treatment of haematological disorders. Blood films are generated by FBC results which are flagged as abnormal during analysis. In some situations blood films can also be requested at source if felt that it is clinically indicated.

REMINDER Biochemistry Email Advice - ClydeBiochemAdvice@ggc.scot.nhs.uk

Clyde Biochemistry continue to pilot an email advice service. Clinical advice can be obtained via email at the above address in addition to telephone queries. Users can expect a response within 24 hours and the service will run Mon-Fri 9-5pm. The aims of the service are to improve access for clinical advice and facilitate audit and record keeping of queries both for users and the laboratory service.

For information on tests and sample types users can access our lab handbook on the NHSGGC website (www.nhsggc.org.uk/about-us/professional-support-sites). Use of the email service should follow current GG&C data protection guidance and requires an NHS email address to be used.

We would be delighted with your feedback on issues that you would like us to address in the newsletter.

Comments or suggestions can be sent to:

John Mallon (John.Mallon@ggc.scot.nhs.uk), Dr Iain Jones (iain.jones@nhs.net) or Martin Wight (martinwight@nhs.net)