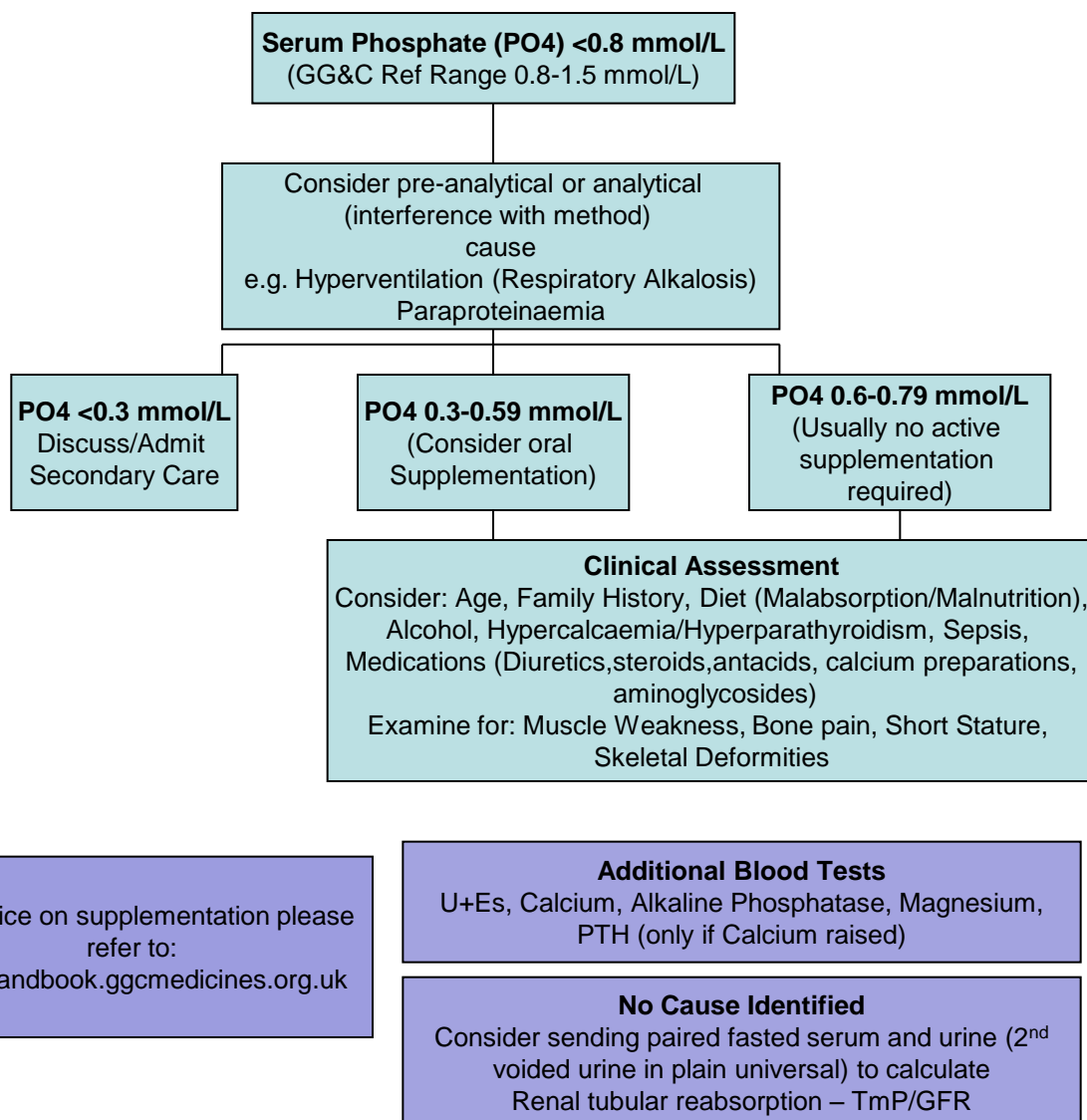




## Hypophosphataemia – A quick guide

Clyde Sector



## Biochemistry tests requiring a separate EDTA specimen

When manually requesting any biochemistry tests which require an EDTA specimen (Hba1C, NT-ProBNP, PTH, immunosuppressants eg tacrolimus, ciclosporin or sirolimus), please send a separate EDTA specimen for each test requested. This is important due to differences in stability and sample processing methods. Failure to provide a separate specimen for each test may require the patient to be re-bled. Electronic requesting will automatically request appropriate tubes.





## Changes to Urine Catecholamine and 5-HIAA service

Further to the memo circulated to primary care in March 2020, the urine catecholamines method has been replaced by a tandem mass spectrometry method for the measurement of urinary free metadrenalines. This test is recommended for diagnosis of catecholamine producing tumours and requires a 24h urine collection **in a plain urine bottle**.

Urine 5-HIAA can be requested for the diagnosis of carcinoid tumours, this however requires a 24h urine collection **in an acidified bottle**, these can be obtained from the lab upon request. Please pay particular note to the diet and medication restrictions highlighted opposite. **These apply only to collections for 5-HIAA.**

**Full information on test requirements** are available on NHSGGC specialist endocrine website.  
<https://www.nhsggc.org.uk/about-us/professional-support-sites/laboratory-medicine/laboratory-disciplines/biochemistry/nhsggc-specialist-endocrine-laboratory/tumour-markers>

### **5 HIAA Collections**

#### **Dietary Restrictions**

Please avoid the following for at least 48h prior to starting the urine collection and during collection:

- Fruits, especially bananas, plums, kiwi, pineapple (and juice), tomato (including all tomato based foods and sauces), aubergine and avocado.
- Nuts in general (especially walnuts).
- Caffeinated drinks

#### **Medications**

It is best to avoid the following medications for at least 48h prior to starting the urine collection and during collection:

- Paracetamol
- Aspirin
- Anti-histamines

**Patient instruction sheets** for 24h urine collections may be accessed using the links below  
<https://www.nhsggc.org.uk/media/260800/urine-collection-for-metadrenalines-patient-info.pdf>

<https://www.nhsggc.org.uk/media/260799/urine-collection-for-5hiaa-patient-info.pdf>

## Electronic requesting of electrophoresis and immunoglobulins

There have been a number of occasions recently when a repeat electronic request for serum electrophoresis has been made soon after electrophoresis has been performed on the patient showing no paraprotein but high or low levels of immunoglobulin. We assume under these circumstances this is to follow the immunoglobulin result.

If you wish to recheck immunoglobulins and there is no indication to repeat the electrophoresis (for example, it has recently been reported as normal) please request the test: **Immunoglobulins** instead of either the test **Protein electrophoresis and Immunoglobulins** or the test **Myeloma Screen**.

Protein Electrophoresis is a more complex, less automated test which should not be undertaken unless clinically indicated.

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:

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