

Date: December 12, 2012
To: Physicians, Nurses and Laboratory Directors and Managers
From: AHS Laboratory Services
Re: 25-Hydroxy Vitamin D Testing

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Messages:

- **Effective December 18, 2012**, all 25-hydroxy vitamin D measurements will be limited to one per 90 day period.
- The biological half life of 25-hydroxy vitamin D is 15-30 days and the time to reach steady state levels after supplementation is 90-120 days¹⁻³.
- As recommended by the Towards Optimized Practice guidelines on vitamin D testing, general screening of the adult population for vitamin D status is not warranted and monitoring for vitamin D status is appropriate only for special populations⁴.
- For patients who require more frequent monitoring due to circumstances such as high dose supplementation (ie. 50,000 IU qd oral or parenteral dose) or toxicity, test requests may be approved by contacting the biochemist on call.
 - Edmonton Zone Client Response Team: 780-407-7484
 - Calgary Laboratory Services Information Centre: 403-770-3600
 - Medicine Hat Diagnostic Laboratory: 403-527-3989

Action Required:

- As of December 18, 2012, any orders received where the test has been performed in the preceding 90 days will be cancelled by the performing laboratory, and physicians will be advised to access the previous results in Alberta Netcare.

References:

1. Jones G. Pharmacokinetics of vitamin D toxicity. Am J Clin Nutr 2008, 88:582S-6S.
2. Heaney RP, et al. 25-Hydroxylation of vitamin D3: relation to circulating vitamin D3 under various input conditions. Am J Clin Nutr. 2008; 87:1738-42.
3. Hanley et al., Vitamin D in adult health and disease: a review and guideline statement from Osteoporosis Canada. CMAJ 2010, 182:E610-E618.
4. [Toward Optimized Practice \(TOP\) Working Group for Vitamin D. Guideline for Vitamin D Testing and Supplementation in Adults. Edmonton, AB: Toward Optimized Practice. 2012 Oct.](#)

Inquiries and feedback may be directed to:

- Dr. Alex C. Chin, Clinical Chemist, Calgary Laboratory Services at: 403-770-3222 or E-mail: alex.chin@cls.ab.ca

This bulletin has been reviewed and approved by:

Dr. James Wesenberg, Provincial Medical/Scientific Director, AHS Laboratory Services