



Date: January 27, 2020
To: Calgary and South Zone: Physicians, Nurses and Laboratory Staff
From: Dr. Hossein Sadrzadeh, Section Chief, Clinical Biochemistry, South Sector
Re: Discontinuation of Reverse T3 Test

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message:

- Effective **January 31, 2020**, Reverse T3 testing will be discontinued in the Calgary and South zones.

Why this is Important:

- Current practice guidelines do not advise or require the measurement of rT3 in the management of thyroid diseases.
- The Clinical Practice Guideline for Thyroid Dysfunction from the Towards Optimized Practice program of the Alberta Medical Association recommends appropriate use of TSH, FT4 and FT3 (<http://topalbertadoctors.org/cpgs.php>).
- A patient with normal TSH, FT4 and FT3 observed after 3 months of amiodarone treatment should be followed with TSH measurement every 6 – 12 months.
- An elevated TSH suggests the development of amiodarone induced hypothyroidism.
- Comparison of FT4 and FT3 to previous values and clinical assessment are required to determine the status of these patients.

Inquiries and feedback may be directed to:

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This bulletin has been reviewed and approved by:

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