

**Date:** March 13, 2015  
**To:** North, Central and Edmonton Zones and DynaLIFE<sub>Dx</sub>  
**From:** Genetic Laboratory Services, AHS Laboratory Services  
**Re:** Urine Porphyrin Testing

## PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

### Key Messages:

- Effective March 3, 2015, the 24h urine aminolevulinic acid (ALA) test and the qualitative 24h urine porphobilinogen (PBG) screen will be discontinued from the University of Alberta Hospital (UAH) Special Chemistry Laboratory in Edmonton.
- Random urine ALA specimens will be referred out to In-Common Laboratories.
- Qualitative 24 urine and random PBG screens will be replaced with the quantitative random urine PBG test.
- The urine porphyrin screen will no longer include a PBG screen or quantitation.

### Why this is important:

- Specimen collection, handling, and transport processes for urine porphyria testing will change.
- Interpretive reports for urine ALA including reference intervals will be mailed to the ordering and “copy to” physicians (~TAT 10 days). Units of measurement will change from  $\mu\text{mol}/\text{V}$  to  $\text{mmol}/\text{mol}$  creatinine.
- Adapting best practice laboratory and clinical porphyria guidelines ensures optimal specimen quality and timely reporting of accurate laboratory test results.

### Action Required:

- Ordering physician must provide patient history on the requisition.
- Specimen collection requirements:

If Test Request is:	Collect
Urine ALA	*Random urine in plain urine container (10mL)
Urine PBG	*Random urine in plain urine container (10mL)
Urine Porphyrin Screen	24h urine in amber bottle (NO ADDITIVE) (50mL), <b>refrigerate during collection</b>

\*Random urines must be collected on site and **PROTECTED FROM LIGHT** by wrapping in foil. Specimens not protected from light will be rejected.

- Short term storage **FRIDGE** (stable 2 days). Long term storage and transport **FREEZE**.

### Additional Resources:

- For Edmonton Zone sites, urine **aminolevulinic acid (ALA)** collection, handling, and shipping information is available in the Clinical Referred-Out Testing (CROT) database.
- Other sites, feel free to contact Client Response at: 780-407-7484.
- Specimen collection and processing information for other urine porphyria tests is found on the AHS Edmonton Zone Test Directory.

### Inquiries and feedback may be directed to:

- Dr. Kareena Schnabl, Clinical Biochemist, UAH at: 780-407-3186  
(Kareena.Schnabl@albertahealthservices.ca)

### This bulletin has been reviewed and approved by:

Dr. Martin Somerville, Medical Scientific Director, Genetic Laboratory Services, and  
 Dr. James Wesenberg, Provincial Medical /Scientific Director, Laboratory Services