



Date: December 16, 2019
To: Calgary Zone Hospital Physicians, Nursing Staff, Laboratory Staff
From: Clinical Biochemistry Section, South Sector
Re: Plasma metanephrines – Introduction of supine reference intervals for normetanephrine

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message:

- Effective **December 19, 2019**, supine (lying flat) reference intervals will be introduced for plasma normetanephrine.

Why this is Important:

- The 2014 Endocrine Society Guidelines on Diagnosis of Pheochromocytoma and Paraganglioma recognize that plasma normetanephrine values may be transiently elevated when blood is collected in a seated position compared to blood collected after 20 minutes in the supine position. Plasma metanephrine values are not affected by collection posture.
- APL, in conjunction with the Division of Endocrinology in Calgary, have validated supine reference intervals for plasma normetanephrine. There is no change to plasma metanephrine reference intervals.
- The existing reference intervals will be maintained for seated collections or samples where the collection posture information is not received by the testing department.

Action Required:

- Please indicate the collection posture (Seated or Supine) by writing it on the laboratory requisition or use the checkboxes available on the plasma metanephrines SCM requisition.
 - Please note that supine collections require the patient to be lying down for 20 minutes prior to blood collection.
- Laboratory outpatient collections for plasma metanephrine and normetanephrine will continue to be seated only.
- Please refer to the Plasma Metanephrines page on the APL Guide to Services for more information on reference intervals:
<https://www.albertahealthservices.ca/webapps/labservices/indexAPL.asp?id=6904&tests=&zoneid=1&details=true>.

Inquiries and feedback may be directed to:

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This bulletin has been reviewed and approved by:

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