

Test Name	Laboratory	Specimen Type	Test Schedule	Reference Range	Effective Date	Comments
24 hour Urine Porphyrin (see <u>Porphyryns, 24-Hour Urine</u>)						
25 OH Vitamin D (see <u>25-Hydroxy Vitamin D, Serum</u>)						
25 Vitamin D (see <u>25-Hydroxy Vitamin D, Serum</u>)						

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25-Hydroxy Vitamin D, Serum Calcidiol 25 Vitamin D 25 OH Vitamin D	Endocrinology	<p>Adult: 5 mL Gold top Vacutainer tube</p> <p>Pediatric: 0-2 years: 2 x 0.5 mL Red or Gold top Microtainers 2-10 years: 3 mL Red top Vacutainer tube</p> <p>Light Green top tubes (Li-heparin) or Lavendar top tubes (EDTA) are <u>not</u> acceptable GENERAL LABORATORY REQUISITION</p>	Monday - Friday 0800-1600	<p>Deficiency: < 25 nmol/L Insufficiency: 25-75 nmol/L Sufficiency: 75-250 nmol/L Toxicity: > 250 nmol/L</p>	2015-04-15	<p>It is common for Canadians to have 25-OH vitamin D levels that are considered insufficient. Choosing Wisely Canada recommends against measurement of 25-OH vitamin D in most patients because routine supplementation with vitamin D is appropriate for the general population. Measurement of 25-OH vitamin D levels should be restricted to patient populations who are more likely to require more aggressive therapy.</p> <p><u>Appropriate Indications for 25-OH Vitamin D Testing:</u></p> <p>METABOLIC BONE DISORDER (E.g. osteoporosis, (more...))</p>