

25
HYDROXY
VITAMIN
D, SERUM

Orderable - 25VITD

Turnaround Time: 5 days

Alternate Name(s):

Calcidiol
25 Vitamin D
25 OH Vitamin D

Specimen:

Adult	Pediatric
5 mL Gold top Vacutainer tube	0-2 years: 2 x 0.5 mL Red or Gold top Microtainers 2-10 years: 3.5 mL Gold top Vacutainer tube
Light Green top tubes (Li-heparin) or Lavender top tubes (EDTA) are not acceptable	

Collection Information:

Minimum volume of serum required is 400 µL for adult or pediatric samples.

Reference Ranges:

Deficiency:	<25 nmol/L
Insufficiency:	25-74 nmol/L
Sufficiency:	75-250 nmol/L
Toxicity:	>250 nmol/L

Comments:

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



Laboratory:
Endocrinology Lab



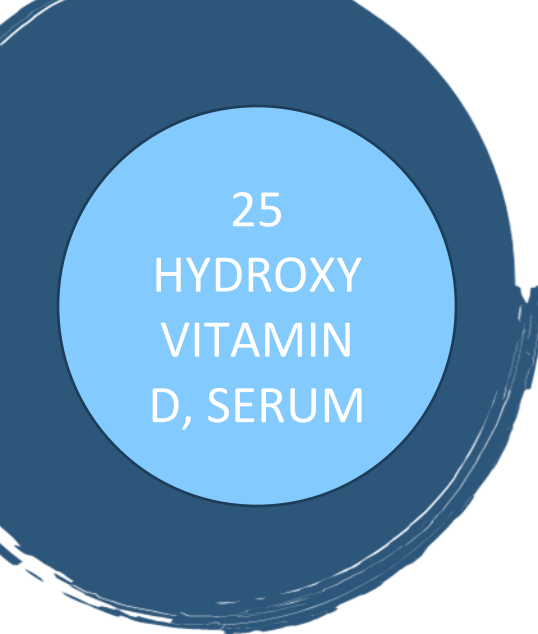
Requisition:
GENERAL LABORATORY
REQUISITION



Method of Analysis:
Diasorin
Chemiluminescence



Test Schedule:
Monday - Friday
0800-1600



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aggressive therapy.

Appropriate Indications for 25-OH Vitamin D Testing:

- **METABOLIC BONE DISORDER** (E.g. osteoporosis, osteomalacia, rickets, unexplained bone pain, unusual fractures, prior to initiating bisphosphonate therapy)
- **MALABSORPTION SYNDROME / SPECIALIZED DIET / HIGH RISK FOR INSUFFICIENCY DESPITE SUPPLEMENTATION** (E.g. celiac disease, inflammatory bowel disease, pancreatic insufficiency, bariatric surgery, chronic liver disease, total parenteral nutrition)
- **PERTURBED CALCIUM HOMEOSTASIS** (E.g. hypo- or hypercalcemia, hyperphosphatemia, hypo- or hyperparathyroidism)
- **CHRONIC RENAL FAILURE**
- **THERAPY WITH MEDICATION THAT AFFECTS VITAMIN D LEVEL OR INCREASES RISK OF OSTEOPOROSIS** (E.g. long-term steroids, anticonvulsants, HIV medications)

A pop-up with the information above will appear when there is an attempt to order 25-OH vitamin D testing in Cerner. If the individual chooses to proceed with the order, one of these appropriate indications for testing will need to be selected from a subsequent list. The options will be: **Bone disorder, Malabs/diet, Abnormal Ca, Renal failure, Meds alter vitD.**

For patients who meet one of the indications for 25-OH vitamin D testing, if it is appropriate to re-order the test, please wait at least 90 days before doing so.

Storage and Shipment:

Store and ship serum frozen.