

Pathology and Laboratory Medicine Memorandum

To: Central Zone Healthcare Providers and Health Service Directors
From: Dr. B. Nassar, Director of the Toxicology Lab & Dr. F. Siddiqi, Division of Endocrinology PLM CZ
Mr. Randy Veinotte – Technical Manager Esoteric Labs
Date: January 2nd, 2024
Subject: Discontinuation of In-House Urine Catecholamine Testing in Central Zone Laboratories

Commencing January 15, 2024, urine Catecholamine testing will no longer be offered by the Central Zone Pathology and Laboratory Medicine. Referred-out testing for urine Metanephrine (fractionated) testing will continue to be available without the need for pre-approval, for most specialists and patients <19 years of age. All other health care professionals (HCP) must respond to an automated approval request message as per current process. Requests for urine catecholamine testing after January 15, 2023, will go through an approval process with no exceptions, as testing for both urine metanephrines and catecholamines is largely unnecessary.

Note:

1. Urine fractionated metanephrine testing is at least equivalent to urine catecholamine testing for patients clinically suspected to have a pheochromocytoma or paraganglioma. There may be some exceptional cases where both tests would be required, and these would usually be restricted to endocrinology by approval. The Central Zone Laboratory is currently working on introducing metanephrines as an in-house test and communication will be released to that effect once validations have been completed.
2. Based on the revised 2023 Canadian Urological Association Guidelines for the diagnosis and management of the incidentally discovered adrenal mass, screening for pheochromocytoma is not recommended for patients with benign adrenal adenomas when the Hounsfield units are less than 10 on unenhanced CT imaging.

If you have any questions, please contact Dr. Bassam Nassar at (902) 473-2225