

## **1,25 Dihydroxy Vitamin D Testing Policy**

### **Description**

Since the development of 1,25 dihydroxy vitamin D testing, proper utilization based on clinical need has been problematic. Testing 25-hydroxy vitamin D is most useful in nutritional assessment, primarily due to its longer half-life of approximately 3 weeks. 25-hydroxy vitamin D is elevated with vitamin D intoxication, and decreased with malabsorption, nutritional deficiency, and in liver disease. The circulating half-life of 1,25 dihydroxyvitamin D is relatively short; 4-6 hours, which limits utility for overall Vitamin D assessment. Testing can be useful in the diagnosis of renal dysfunction in conjunction with parathyroid hormone. 1,25 dihydroxy vitamin D is elevated in sarcoidosis and primary hyperparathyroidism, and decreased in renal failure and hypoparathyroidism.

### **Policy**

1,25 dihydroxy vitamin D requires Laboratory Medical Director approval for testing. When appropriate, the request will be canceled and re-directed to 25-hydroxy vitamin D testing.

### **Approval Process**

Test requests for 1,15 dihydroxy vitamin D are flagged by the send-out technician for Laboratory Medical Director review. The LMD on call will contact the ordering provider to review the clinical situation and utility of the test.

### **Preferred Reference Lab**

Mayo Medical Laboratories