

# THE PATHCARE NEWS

## VITAMIN A AND VITAMIN E TESTING NOW IN-HOUSE AVAILABLE FROM 1 SEPTEMBER 2026

Dear Colleagues,

We are proud to announce that, from 1 September 2026, PathCare will perform Vitamin A (retinol) and Vitamin E ( $\alpha$ -tocopherol) testing using HPLC-UV. Bringing these tests in-house will improve turnaround times and introduce updated reference intervals aligned with international best practice.

### Vitamin A (retinol) utility

Vitamin A testing is used to investigate suspected deficiency in patients with poor intake, fat malabsorption or liver disease, and may also assist when excessive supplementation or toxicity is suspected. Results should be interpreted in clinical context, as Vitamin A may be reduced during an acute-phase response. Excessive Vitamin A supplementation is teratogenic.

### Vitamin E ( $\alpha$ -tocopherol) utility

Vitamin E testing is most useful when deficiency is suspected, particularly in patients with fat malabsorption, or when excessive supplementation is a concern. Results should be interpreted alongside lipid status, as hyperlipidaemia may increase the serum  $\alpha$ -tocopherol concentration without indicating true Vitamin E excess. Excessive Vitamin E supplementation may increase bleeding risk, particularly in patients receiving anticoagulant or antiplatelet therapy.

### Specimen and patient preparation

- Specimen: serum (SST / yellow-top tube)
- Minimum volume: 2 mL blood (~1.0 mL serum)
- Fasting is ideal but not mandatory
- Protect the specimen from light immediately after collection and throughout transport and storage (e.g., cover with foil)
- If unseparated, refrigerate, protect from light and ensure arrival at a lab for separation within 24 hours
- Specimens not protected from light, or specimens that are grossly haemolysed or grossly lipaemic, will be rejected

### Testing frequency and turnaround time

Testing will be performed in two batches per week. The expected turnaround time is approximately four days from arrival at the Reference Laboratory.

For queries or assistance with interpretation, please contact your nearest PathCare laboratory and ask to speak with a Chemical Pathologist.