

Full Report



[Scan or Click](#)



Minimum retesting intervals are not endorsements of repeat testing. They are recommendations that any repeat testing should not be done sooner than the indicated intervals.

Serum Protein Electrophoresis (SPEP)

Minimum Retesting Intervals

Advisory Panel Recommendations

The recommended minimum retesting intervals for SPEP for monitoring patients with an established diagnosis of plasma cell dyscrasias are:

- 25 days for patients with acute or actively treated disease
- 3 months for patients without actively treated disease.

Exceptions to this recommendation that may require more frequent testing include patients who are at high risk for plasma cell dyscrasias, those who are at high risk of poor outcomes or disease progression, those who recently completed therapy, or when there is biochemical progression that suggests impending clinical progression of the disease.

Advisory Panel Implementation Advice

To support reductions in unnecessary retesting, labs may consider implementing these recommendations by specialty (e.g., hematology oncology, internal medicine, family medicine), by location of care (e.g., primary care, outpatient, oncology clinic), or by asking providers to specify the reason for ordering in the request form, based on the capabilities of their laboratory information system and/or which providers are monitoring patients and ordering SPEP.

For a more detailed look at the guidance produced by the Advisory Panel on Minimum Retesting Intervals for Lab Tests, view the full report on cadth.ca:

[Minimum Retesting Intervals for Lab Tests](#)

Using Minimum Retesting Intervals in Practice

These minimum retesting interval recommendations are intended to inform decisions about repeat testing. Clinicians should exercise clinical judgment as there may be exceptions (e.g., certain patient populations) and scenarios in which the recommendations do not apply. Labs will need to consider their local context and the capabilities of the laboratory information system when implementing minimum retesting intervals.



Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in Canada. Using Labs Wisely is a national consortium of more than 150 hospitals committed to making a measurable impact on reducing low-value lab testing in Canada.

CADTH and Choosing Wisely Canada partnered to host an advisory panel that developed recommended minimum retesting intervals for 5 commonly used lab tests. We aim to support the appropriate use of health care resources by reducing unnecessary lab testing and its impact on patients, providers, health systems, and the environment.



Canada's Drug and
Health Technology Agency

CADTH was established by Canada's federal, provincial, and territorial governments to be a trusted source of independent information and advice for the country's publicly funded health care systems. CADTH receives funding from Canada's federal, provincial, and territorial governments, with the exception of Quebec.

DISCLAIMER: This material is made available for informational purposes only and no representations or warranties are made with respect to its fitness for any particular purpose; this document should not be used as a substitute for professional medical advice or for the application of professional judgment in any decision-making process. Users may use this document at their own risk. The Canadian Agency for Drugs and Technologies in Health (CADTH) does not guarantee the accuracy, completeness, or currency of the contents of this document. CADTH is not responsible for any errors or omissions, or injury, loss, or damage arising from or relating to the use of this document and is not responsible for any third-party materials contained or referred to herein. Subject to the aforementioned limitations, the views expressed herein do not necessarily reflect the views of Health Canada, Canada's provincial or territorial governments, other CADTH funders, or any third-party supplier of information. This document is subject to copyright and other intellectual property rights and may only be used for noncommercial, personal use or private research and study.

cadth.ca

June 2024