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.

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.
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.