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TO: Physicians and Practitioners: Saskatoon Area

FROM: Dr. Andrew Lyon, Clinical Biochemistry – Division Head- Saskatoon, Diane Haugrud, Clinical Biochemistry – Manager-Saskatoon. Department of Pathology and Laboratory Medicine

RE: Interference with laboratory tests caused by Biotin supplements

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- Consumption of mega doses of Biotin (100 – 300 mg/day) can cause positive or negative analytic interference with laboratory tests offered in Saskatoon, including beta-hCG, cardiac Troponin and thyroid tests such as TSH and Free T4. Biotin may also alter the results of urine pregnancy tests.
 - Because of the large number of laboratory tests affected, patients should discontinue biotin for 48 hours or more prior to laboratory testing to minimize the risk of test interference.
 - The small dose of biotin present in multivitamins does not interfere with tests. Mega dose biotin supplements are available over-the-counter at pharmacies and have been marketed to improve hair, skin and nail quality. In addition, mega dose biotin clinical trials are currently being performed for Multiple Sclerosis with 100-300 mg/day.

Request that all patients: Discontinue biotin supplementation for 48 hours prior to specimen collection of laboratory tests.

A notice about this influence of biotin on laboratory tests was released by the Food and Drug Administration (US) on November 28, 2017 and it is a useful resource document:

<https://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm586641.htm>

If Biotin interference is suspected based on clinical history and testing cannot be delayed, please contact the Biochemist-on-call through Switchboard at 306-655-1000.

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