
Laboratory Operational Update

10 April 2019

IMPORTANT MESSAGE FROM LABPLUS

REPATRIATION OF PLASMA FREE PSA TEST

Dear Customers,

This is to notify that as of 15 April 2019, the testing of plasma free PSA will no longer be sent to Medlab Central laboratory. It will be performed by LabPlus automation. The assay methods are very similar and there is no clinically significant difference in the results released from the 2 measurement systems.

After consultation with local urologists, **free PSA requests will ONLY be approved when requested by a urologist, or with prior approval of a urologist or chemical pathologist documented on the request form.** All other requests will be rejected.

Free PSA will NOT be approved if the total PSA is <2 ug/L or >10 ug/L.

Monitoring using serial percentage free PSA to predict risk of prostate cancer is not recommended.

Free PSA also has no role in monitoring patients post prostatectomy for CA prostate.

Free PSA is a specialist test and is not included in health care pathways nor in the 2015 NZ prostate cancer management and referral guideline. The guideline can be accessed via <https://www.health.govt.nz/publication/prostate-cancer-management-and-referral-guidance>.

Where suspicion is high based on clinical judgement or when total PSA is below age related referral cut points but previous percentage free PSA has been <10%, more definitive testing (e.g. MRI and prostate biopsy) should be considered after consultation with the Urology service.

This approach is part of LabPlus's policy of best practice requesting in consultation with local experts.

For more information, please refer to [LabPlus testguide](#) under "Free PSA" entry or write to ChemicalPathologist@adhb.govt.nz.