

# SAMPLE REQUIREMENTS FOR SUSPECTED PORPHYRIA

## ?ACUTE PORPHYRIA

Acute abdominal pain  
Vomiting  
Neurological  
Convulsions  
Hyponatraemia  
Psychiatric



**URINE**

**PBG + total urine porphyrin (TUP)**

(preferably early morning – results unreliable for dilute urines)

**Please include relevant clinical details with request**

## ?CUTANEOUS PORPHYRIA

Skin Fragility  
Blisters  
Milia  
Acute, painful photosensitivity\*



**EDTA whole blood + URINE  
blood porphyrins + total urine  
porphyrin (TUP)**

(preferably early morning urine – results unreliable for dilute urines)

**Please include relevant clinical details with request**

\*Urine not required for acute photosensitivity

## ENSURE ALL SAMPLES ARE PROTECTED FROM LIGHT

- Please contact the laboratory to arrange urgent PBG analysis for hospitalised, acutely unwell patients suspected of suffering an acute neurovisceral attack (x24305).
- In the event of positive screening tests, advice will be provided on further investigations required to confirm porphyria and to determine the specific sub-type (contact the Duty Biochemist on x29719 if discussion required)
- Note that porphyrin biochemistry can be normal in latent porphyria (e.g. family history but asymptomatic). Contact Duty Biochemist on x29719 to discuss in this situation.