

Full Report



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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.

Hemoglobin A1C Minimum Retesting Intervals

Advisory Panel Recommendations

1. The recommended minimum retesting intervals for hemoglobin A1C in people who are being treated for diabetes are:
 - 3 months for people who have not yet achieved stable glycemic targets
 - 6 months for people who have achieved stable glycemic control.

Exceptions to this recommendation that may warrant more frequent testing include children and adolescents with type 1 diabetes, people with diabetes who are planning to become pregnant, and people with rapidly changing blood glucose levels because of significant recent changes to lifestyle and/or medications.

2. Do not reorder hemoglobin A1C tests to assess glycemic control in people with diabetes who have conditions that alter red blood cell turnover (e.g., iron deficiency anemia) or for people with diabetes who are in their second or third trimester of pregnancy.

Advisory Panel Implementation Advice

Recommendation 1: To support reductions in unnecessary retesting, labs may consider implementing a 60- to 86-day hard stop minimum retesting interval. This allows for practical considerations such as accommodating patient schedules for retesting appointments.

Recommendation 2: To support reductions in unnecessary retesting, labs may consider implementing a 60- to 86-day hard stop minimum retesting interval.

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

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