

DATE:	19 January 2026
TO:	South Zone: All Healthcare Providers and Laboratory Staff at Chinook Regional Hospital (CRH)
FROM:	Clinical Biochemistry, Alberta Precision Laboratories (APL)
RE:	Referral of Luteinizing Hormone, Follicle Stimulating Hormone, Estradiol, Prolactin, and Progesterone Testing to Calgary

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message

- Effective 20 January 2026, Luteinizing Hormone (LH), Follicle Stimulating Hormone (FSH), Estradiol (EST), Prolactin (PROL), and Progesterone (PROG) testing currently performed at the Chinook Regional Hospital (CRH) Laboratory will be referred to the Calgary Hub Lab at the Diagnostic Scientific Centre (DSC).

Background

- APL has been working towards provincial Regional Hospital Test Menu standardization, when appropriate, to identify test menu gaps and increase efficiency within the labs.
- Due to low test volume and the determination that results from these tests are non-urgent, LH, FSH, EST, PROL, and PROG testing will be referred from CRH will be referred out to the DSC.

How this will impact you

- There will be no changes to test orders in Connect Care.
- Estradiol will be required to be transported at fridge temperature if expected to be received within 5 days at the DSC.
- Estradiol and Prolactin are to be aliquoted and frozen before transport if expected to be received greater than 5 days at DSC.
- Anticipated turnaround time is 24-48 hours.

Action Required

- Be aware of turnaround time and shipment changes for LH, FSH, EST, PROL and PROG tests ordered from CRH.

Effective **January 20, 2026**

Questions/Concerns

- Dr. Heather Paul, Clinical Biochemist, CRH | heather.paul@aplabs.ca
- Dr. Michael Reid, Clinical Biochemist, DSC | michael.reid@aplabs.ca

Approved by

- Dr. Zlatica Biljetina, Regional Laboratory Medicine Site Chief, CRH, APL
- Dr. Allison Venner, Clinical Biochemistry Section Chief, South Sector, APL
- Dr. Jessica Gifford, Medical Lead, Clinical Biochemistry, Hub Lab, South Sector, APL