



Changes to B-type Natriuretic Peptide (BNP) testing

BNP (B-type Natriuretic Peptide) is a hormone produced by the heart, specifically the ventricles, in response to changes in pressure that occur when heart failure develops or worsens. BNP levels are elevated in patients with heart failure, making it a useful biomarker in diagnosing and monitoring the condition. The test can help distinguish between cardiac and non-cardiac causes of symptoms like shortness of breath.

Pathlab has reported BNP levels using the Triage Method and using EDTA plasma as the preferred sample type. The current reference interval is 0-100 ng/L

From the **23rd of December 2024**, the current BNP method will be replaced by **NT-proBNP**. This method is more specific than BNP, as NT-proBNP has a longer half-life and is less influenced by factors like obesity or kidney function.

This will align / harmonise Pathlab with other central and upper North Island laboratories in regard to BNP testing.

A comparison study was done between our new and current methods and Health Waikato laboratory's cobas method. The comparison showed excellent numerical and clinical correlation.

Changes:

The New preferred Sample type will be Serum, Yellow top SST tube.

The new Reference Interval will be < 35 pmol/L. (Please note the change of Units.)

Clinical details must be provided in justifying the request for NT-pro BNP testing.

If you have any queries please contact:

Dr Tim Sutton
Pathologist

John Woodford
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**Please ensure all members of your institution
receive a copy of this clinical update.**