

Pathology and Laboratory Medicine Memorandum

To: Health Care Providers and Health Service Directors, Central Zone
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Subject: **Introduction of Reticulocyte hemoglobin (RET-He) testing**

Effective May 9, 2023 reticulocyte hemoglobin testing, or RET-He, will be offered by Central Zone (CZ) laboratories as part of the standard reticulocyte profile.

The following table demonstrates the reference range of RET-He for CZ laboratories:

Age	Male Reference Range	Female Reference Range
0 – 5 months	27.6 - 38.7	27.6 - 38.7
6 – 23 months	28.7 - 35.7	30.1 - 35.7
2 – 5 years	27.7 - 37.8	29.3 - 37.3
6 – 11 years	32.4 - 37.6	30.4 - 39.7
12 – 17 years	30.3 - 40.4	29.9 - 38.4
≥ 18 years	33.0 - 40.5	32.5 - 41.8

Reticulocyte hemoglobin is reported in picograms. If reticulocyte hemoglobin content is decreased, it is an indication of inadequate iron supply to the bone marrow relative to the demand. The test is useful in screening for iron deficiency anemia.

For males: This test has 96% positive predictive value for iron deficiency and 92% negative predictive.

For females: This test has 96% positive predictive value for iron deficiency and 94% negative predictive.

Test Limitations: The test is falsely positive in patients with thalassemia.

Please direct any questions or concerns to Dr. Allam Shawwa, Medical Director Core Hematology at 902-443-1236.