

Chapter 3

LABORATORY DIAGNOSIS AND MONITORING

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Laboratory Diagnosis & Monitoring: **WHAT YOU NEED TO KNOW**

Different bleeding disorders may have very similar symptoms; therefore, a correct diagnosis is essential to ensure that a patient receives the appropriate treatment.

Diagnosis of hemophilia is based on:

1 **Screening blood tests,** to measure prothrombin time (PT) and activated partial thromboplastin time (APTT) or platelet function tests, which measures clotting factor activity in the blood

2 **Factor assays tests** and other specific investigations, to determine the specific diagnosis

After the initial screening test for hemophilia, blood will be tested periodically to monitor changes in the amount of factor in the blood. Factor levels may vary in response to treatment for hemophilia.

Fasting is not typically necessary before a screening or monitoring blood test; however, strenuous exercise should be avoided prior to blood draw.



Laboratory Testing

- The laboratory at your local hemophilia treatment center will follow very strict guidelines on how to screen your blood to diagnose hemophilia and how to monitor the clotting factor level in your blood over time.
- Blood tests will be carried out by staff with knowledge and experience in coagulation laboratory testing using equipment and reagents that have been validated for this specific purpose.