**Porphyria Investigation: Clinical Details Sheet**

**Patient name:**

**DOB:**

**NHS number:**

**Date:**

**Clinical Symptoms:**

**Currently symptomatic?: Duration of symptoms:**

|  |  |
| --- | --- |
| **Acute symptoms:** | **Cutaneous symptoms:** |
| 🞏 Abdominal pain (severe, poorly localized) | 🞏 Chronic blistering |
| 🞏 Nausea / vomiting | 🞏 Scarring |
| 🞏 Hypertension | 🞏 Fragile skin |
| 🞏 Tachycardia | 🞏 Hypertrichosis (cheeks / temples) |
| 🞏 Psychiatric symptoms | 🞏 Hyperpigmentation |
| 🞏 Hyponatremia (+/- convulsions) | 🞏 Acute pain on sun exposure |
| 🞏 Peripheral neuropathy |  |
| 🞏 Respiratory distress |  |

**Other symptoms / concurrent illnesses:**

**Medications / antibiotics:**

**Relevant FHx of Porphyria / related symptoms:**

**Sample Requirements** (when patient is symptomatic if possible)

|  |  |  |
| --- | --- | --- |
| **Acute Porphyria /**  **Cutaneous Porphyria** | **Protoporphyria**  **(acute photosensitivity)** | **?Acute porphyria in asymptomatic patients (with FHx)** |
| Plain urine, ideally EMU  10-20mL | EDTA whole blood, unspun 5-10mL (haemolysed samples unacceptable) | Plain urine, ideally EMU  10-20mL |
| EDTA whole blood, unspun 5-10mL (haemolysed samples unacceptable) |  | EDTA whole blood, unspun 5-10mL (haemolysed samples unacceptable) |
| (Faecal sample may be requested later) |  | Faecal sample  5-10g |

**Protect all samples from light:** label sample, wrap in foil and place in labelled brown envelope.