

November 7, 2025

To: All Greater Peoria Service Area Carle Health Facilities
Carle Health Methodist Reference Lab Clients

From: Carle Health: Peoria Service Area Laboratories

INFORM & CASCADE:

Discontinuation of RBC Folate Testing at Carle Health Methodist Hospital Laboratory

INFORM: Effective November 17, 2025, Carle Health Methodist Hospital Laboratory has discontinued RBC Folate testing. This decision is based on clinical research and recommendations provided by the American Society for Clinical Pathology and their Choosing Wisely initiative of the ABIM foundation.

BACKGROUND: The American Society for Clinical Pathology's Choosing Wisely initiative highlights that red blood cell folate levels should not be ordered at all. Instead, in adults, folate supplementation is recommended for patients with macrocytic anemia. Since 1998, when the U.S. and Canada mandated that foods with processed grains be fortified with folic acid, there has been a significant decline in the incidence of folate deficiency. For the rare patient suspected of having a folate deficiency, treating with folic acid is a more cost-effective approach than blood testing. While red blood cell folate levels have been used in the past as a surrogate for tissue folate levels or a marker for folate status over the lifetime of red blood cells, the result of this testing does not generally add to the clinical diagnosis or therapeutic plan.

CLOSING:

If you have any questions, please contact us:

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