

GENERAL HEALTH TESTING

Bilirubin Information Sheet

What is Bilirubin?

Bilirubin is a degradation product formed during the normal and abnormal destruction of red blood cells. Measurements of bilirubin are used in the diagnosis and treatment of liver, hemolytic, hematological, and metabolic disorders, as well as the detection of neonatal jaundice and hemolytic disease in newborns (1).

What do elevated bilirubin levels mean?

Elevated levels of bilirubin (hyperbilirubinemia) can occur when there is increased breakdown of red blood cells or impaired removal of bilirubin from the body (2). Blockages in the bile ducts of the liver and gallbladder can cause an increase in bilirubin, as well as other liver diseases, such as hepatitis, cirrhosis, or liver cancer (3).

The symptoms of hyperbilirubinemia can include:

- Dark yellow urine
- Pale stools
- Skin itching
- Nausea and vomiting
- Abdominal pain and bloating
- Headaches
- Weight loss

Bilirubin is also increased in individuals with Gilbert's syndrome, an inherited condition in which the liver doesn't properly process bilirubin. Many individuals with Gilbert's syndrome never have symptoms, or only show signs of jaundice during periods of stress (e.g. excessive exercise, dehydration, or fasting). Typically no treatment is needed for Gilbert's syndrome (4).

Where can I find more info?

Visit www.genetrackdiagnostics.com for full test information, including specimen collection requirements

CONTACT US:

Email: support@genetrackdiagnostics.com

Phone: 1-888-802-0703

NOTE:

This brochure is provided for general information purposes only. It is not intended to replace medical advice from a health professional.

References:

- (1) Fevery J. (2008). Bilirubin in clinical practice: a review. *Liver International*, 28 (5).
- (2) Singh A & Jialal I. Unconjugated Hyperbilirubinemia. *StatPearls [Internet]*. Treasure Island : StatPearls Publishing, 2020.
- (3) Subbiah V & West H. (2016). Jaundice (Hyperbilirubinemia) in Cancer. *JAMA*. 2 (8), 1103.
- (4) National Center for Advancing Translational Studies. Gilbert Syndrome. *GARD*. [Online] August 28, 2018.