

Beginning **08/17/2026**, the Duke Clinical Microbiology Laboratory will add an additional option for Urine RT-PCR test to the BKR INPATIENT/OUTPATIENT Rubella (German Measles) Order Panel to improve sensitivity for suspected acute/active Rubella disease. Current options for nasopharyngeal RT-PCR and serum IgM within the order panel remain unchanged.

New test option details:

Rubella Order Panel: Rubella (German Measles), Acute/Suspected Active Disease, Urine RT-PCR (LAB3607)

- ***This test is supplemental and is not intended for standalone use.*** Urine PCR should **not** be ordered without a concurrent nasopharyngeal (NP) swab PCR, as NP swab remains the preferred specimen type.
- Testing of a urine specimen alongside an NP swab may improve sensitivity near the end of the molecular detection window, within 7 days of rash onset.
- This test is accessible only through the BKR INPATIENT/OUTPATIENT Rubella Order Panel as shown in the screenshot below. Please follow all instructions on the side panel to ensure there is no delay in testing.

BKR INPATIENT Rubella (German Measles), Acute/Suspected Active Disease ✓ Accept

- **Note: Providers must call the Communicable Disease Branch of NC Public Health at (919) 733-3419 to acquire PRIOR APPROVAL for laboratory testing for all cases of suspected or probable Rubella (German Measles).**
- **If testing is approved by Communicable Disease Branch of NC Public Health, provider must also contact Duke Microbiology at 684-2089 BEFORE collection to coordinate specimen and collection requirements.**
- If onset of symptoms is **less than 3 days**, order:
 - Rubella (German Measles), Acute/Suspected Active Disease, Nasopharyngeal PCR [LAB10005] **AND**
 - Rubella (German Measles), Acute/Suspected Active Disease, Urine PCR [LAB3607]
- Submission requires DHHS form #3431: [Virology \(DHHS 3431\)](#)
- This form must be printed, completed and included in the bag along with the specimen(s). Testing will not proceed without a completed document.
- If onset of symptoms is **3 days or greater** (or if suspecting Congenital Rubella Syndrome), order:
 - Rubella (German Measles), Acute/Suspected Active Disease, Nasopharyngeal PCR [LAB10005] **AND**
 - Rubella (German Measles), Acute/Suspected Active Disease, Serum IgM [LAB10006] **AND**
 - Rubella (German Measles), Acute/Suspected Active Disease, Urine PCR [LAB3607]
- Submission requires **THREE forms: All forms must be printed, completed and included in the bag along with the specimen(s). Testing will not proceed without completed documents.**
 1. DHHS form #3431 [Virology \(DHHS 3431\)](#)
 2. DHHS form #3445 [DHHS 3445 - Serology](#)
 3. CDC form #50.34 [CDC form 50.34](#) For download and installation assistance call Duke IT Service Desk (919-684-2243)
- If patient is being assessed for immunity status and not for acute/suspected active disease, order instead RUBELLA ANTIBODY, IGG [LAB496]
- Urine PCR should not be ordered without a concurrent NP swab PCR. NP swabs remain the preferred specimen type.

☐ Rubella (German Measles), Acute/Suspected Active Disease, Nasopharyngeal RT-PCR

☐ Rubella (German Measles), Acute/Suspected Active Disease, Serum IgM

☐ Rubella (German Measles), Acute/Suspected Active Disease, Urine RT-PCR

Next Required ✓ Accept

BKR INPATIENT Rubella (German Measles), Acute/Suspected Active Disease ✓ Accept

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- If onset of symptoms is **less than 3 days**, order:
 - Rubella (German Measles), Acute/Suspected Active Disease, Nasopharyngeal PCR [LAB10005] **AND**
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☐ Rubella (German Measles), Acute/Suspected Active Disease, Nasopharyngeal RT-PCR
☐ Rubella (German Measles), Acute/Suspected Active Disease, Serum IgM
☒ **Rubella (German Measles), Acute/Suspected Active Disease, Urine RT-PCR** ✓ Accept ✗ Cancel

Process Instructions: Molecular testing of a urine specimen along with nasopharyngeal swab may improve sensitivity near the end of the molecular detection window, which is within 7 days from rash onset. Therefore, Urine PCR is considered supplemental and should not be ordered without a concurrent NP swab PCR.

Priority: Routine

Frequency: Once Ea Routine C Pend

At Today Tomorrow

Specimen Source: Urine

Release to patient Immediate Delayed release

Comments: ➕ Add Comments

Reference Links: • [Duke Lab Test Catalog](#)

✓ Accept ✗ Cancel

Reminder: **Providers must call the Communicable Disease Branch of NC Public Health** at 919-733-3419 to obtain prior approval for laboratory testing in all cases of suspected or probable Rubella. If testing is approved, providers must also contact Duke Microbiology at 684-2089 before collection to coordinate specimen and collection requirements. Testing is performed at the Wisconsin State Laboratory of Hygiene (WSLH) and submitted via the North Carolina State Laboratory of Public Health.

Further information can be found by searching the specific lab test on the Clinical Laboratories Electronic Test Catalog: <https://testcatalog.duke.edu/>.

For clinical questions related to this change, please contact Ran Zhuo, Ph.D. ran.zhuo@duke.edu or Diana Alame, M.D. diana.alame@duke.edu.

For questions regarding collection supplies, call Client Services at 919-613-8400.