

**A copy of this letter must be provided to the employee named below.**

**Cholinesterase Monitoring  
HEALTH CARE PROVIDER RECOMMENDATIONS  
(SAMPLE FORM)**

Employer \_\_\_\_\_ Job Site \_\_\_\_\_

Employee \_\_\_\_\_ Test Date \_\_\_\_\_

This letter gives you the results of the above named employee's cholinesterase test and what needs to be done based on the test result. Please contact me if you have any questions.

**Cholinesterase level percent (%) change based on comparison to baseline:**

Red blood cell \_\_\_\_\_ Serum \_\_\_\_\_

**Occupational health recommendations:**

1.  No action required. This is either notification of \_\_\_ baseline testing or \_\_\_ the employee's cholinesterase levels have not decreased more than 20% from baseline.
2.  The percent decrease for either RBC or serum cholinesterase is more than 20%. This probably means this employee had some exposure to cholinesterase-inhibiting pesticides. You must evaluate this employee's pesticide handling practices to try and identify possible exposure causes and make any necessary corrections.
3.  The percent decrease is 30% or more for RBC cholinesterase or 40% or more for serum cholinesterase. Remove the employee from handling and other potential exposure to cholinesterase-inhibiting pesticides until the employee's cholinesterase levels return to within 20% of baseline. Evaluate the employee's pesticide handling practices to identify possible exposure causes and make any necessary corrections. See #5 for directions on follow-up testing.
4.  These are the results of a test taken after removal from handling cholinesterase-inhibiting pesticides.
  - The employee's cholinesterase level(s) have not returned to within 20% of baseline. The employee may not return to handling cholinesterase-inhibiting pesticides or other duties with potential exposure. See #5 for directions on follow-up testing.
  - The employee's cholinesterase level(s) have returned to within 20% of baseline. The employee may return to work handling cholinesterase-inhibiting pesticides
5.  Other recommendations (specify):

The information contained on this form was telephoned  provided verbally  to the above named employer on  
Date \_\_\_\_\_

\_\_\_\_\_  
Provider's Typed or Printed Name

\_\_\_\_\_  
Provider's Signature

\_\_\_\_\_  
Date

## Answers to questions about cholinesterase test results

### 1. Why aren't my specific test results included in the Health Care Provider Recommendations?

Your employer only needs to know the percent change in your cholinesterase levels to make sure that you are being protected. Unless you have given the medical provider permission to share your test results with your employer they will not be included with the Recommendation. You may get your results by asking your employer to have the medical provider give them to you or by directly contacting the medical provider.

### 2. What does my baseline test result mean?

Your baseline test tells the medical provider what your personal cholinesterase levels are. Everybody has his or her own usual cholinesterase levels and the baseline result generally does not say anything about your health. The medical provider will compare tests that are taken after you have handled pesticides that affect cholinesterase to your baseline test in order to see if you may have been overexposed.

### 3. What does a more than 20% drop in cholinesterase mean?

While cholinesterase levels do change a little from day to day it is unlikely that they would drop as much as 20 percent on their own. If either your red blood cell or serum cholinesterase levels drop by more than 20 percent from your baseline it is likely that you have been overexposed. You should not feel sick but your employer is required to make sure that you are handling pesticides safely so that you do not continue to be overexposed.

### 4. Why am I being removed from handling pesticides that affect cholinesterase?

Either your red blood cell cholinesterase has dropped 30 percent or more or your serum cholinesterase has dropped 40 percent or more. You should not feel sick but if you continue to be exposed you could get sick. Your body makes its own cholinesterase so your cholinesterase levels will come back on their own after you stop temporarily handling these pesticides. You may go back to handling when your cholinesterase levels return to within 20 percent of your baseline. In the meantime your employer will make sure that you are handling pesticides safely so that you do not continue to be overexposed.

While you are not handling these pesticides your employer must keep you in your job and pay you the same wages that you would have earned if you were handling pesticides.

### 5. What if my cholinesterase levels go up?

This usually does not mean anything. Cholinesterase levels move up and down a little from day to day.

### 6. What do I do if I feel sick after handling pesticides?

Tell your employer. Your employer will make sure that you receive a medical evaluation. You may be seen by the medical provider who is monitoring your cholinesterase levels or another provider such as the hospital emergency room. If you are seen in the emergency room or somewhere else remember to tell them that you are in the state cholinesterase monitoring program.

If you have any additional questions please ask your employer or call

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Medical Provider

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Telephone