

Reporting Title: N-Methylhistamine, Random, U**Performing Location:** Rochester**Ordering Guidance:**

Patients with chronic mast cell activation often have chronically elevated N-methylhistamine (NMH) levels and will sometimes have intermittent NMH elevations. In these cases, a 24-hour urine collection is preferred. order NMH24 / N-Methylhistamine, 24 Hour, Urine.

If ordering this test with 23BPR / 2,3-Dinor 11 Beta-Prostaglandin F2 Alpha, Random, Urine, both tests must be ordered under different order numbers. They cannot share an order number.

Specimen Requirements:

Patient Preparation: Patient must not be taking monoamine oxidase inhibitors (MAOI) or aminoguanidine as these medications increase N-methylhistamine (NMH) levels.

Supplies: Sarstedt Aliquot Tube, 5 mL (T914)

Container/Tube: Plastic vial

Specimen Volume: 5 mL

Collection Instructions:

1. Collect a random urine specimen within a few hours of symptom onset.
2. No preservative.

Specimen Minimum Volume:

3 mL

Specimen Type	Temperature	Time	Special Container
Urine	Refrigerated (preferred)	28 days	
	Frozen	28 days	
	Ambient	14 days	

Result Codes:

Result ID	Reporting Name	Type	Unit	LOINC®
605015	N-Methylhistamine, Random, U	Alphanumeric	mcg/g Cr	13781-0
CRETR	Creatinine, Random, U	Numeric	mg/dL	2161-8

LOINC and CPT codes are provided by the performing laboratory.

Supplemental Report:

No

Components:

Test ID	Reporting Name	CPT Units	CPT Code	Always Performed	Orderable Separately
NMHR1	N-Methylhistamine, Random			Yes	No
CRETR	Creatinine, Random, U			Yes	No

CPT Code Information:

82542

82570

Reference Values:

0-5 years: 120-510 mcg/g creatinine

6-16 years: 70-330 mcg/g creatinine

>16 years: 30-200 mcg/g creatinine