

Reporting Title: Mast Cell Mediators, 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. See MCM24 / Mast Cell Mediators, 24 Hour, Urine.

Specimen Requirements:

Patient Preparation:

1. Patient must not be taking monoamine oxidase inhibitors (MAOI) or aminoguanidine, as these medications increase N-methylhistamine (NMH) levels.
2. Patients taking aspirin or nonsteroidal anti-inflammatory drugs (NSAID) may have decreased concentrations of prostaglandin F2 alpha (23BP). If possible, the patient should discontinue use for 2 weeks or 72 hours, respectively, before specimen collection.

Supplies: Urine Container, 60 mL (T313)

Collection Container/Tube: Plastic urine container

Submission Container/Tube: Plastic, 60-mL urine bottle

Specimen Volume: 20 mL

Collection Instructions:

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

Specimen Minimum Volume:

10 mL

Specimen Type	Temperature	Time	Special Container
Urine	Frozen	28 days	

Result Codes:

Result ID	Reporting Name	Type	Unit	LOINC®
CRTFR	Creatinine, Random, U	Numeric	mg/dL	2161-8
620241	Leukotriene E4, Random, U Also used by tests: RLTE1	Alphanumeric	pg/mg Cr	33343-5

Result ID	Reporting Name	Type	Unit	LOINC®
620243	2,3-dinor 11B-Prostaglandin F2a Also used by tests: R23B1	Alphanumeric	pg/mg Cr	97658-9
620245	N-Methylhistamine, Random, U Also used by tests: RNMH1	Alphanumeric	mcg/g Cr	13781-0

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
CRTFR	Creatinine, Random, U			Yes	No
RLTE1	Leukotriene E4, Random, U			Yes	Yes
R23B1	2,3-dinor 11B-Prostaglandin F2a			Yes	Yes
RNMH1	N-Methylhistamine, Random			Yes	Yes

CPT Code Information:

82570

84150

82542

Reference Values:

LEUKOTRIENE E4:

< or =104 pg/mg creatinine

2,3-DINOR 11B-PROSTAGLANDIN F2a:

<1802 pg/mg creatinine

N-METHYLHISTAMINE:

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

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

>16 years: 30-200 mcg/g creatinine

CREATININE:

> or =18 years old: 16-326 mg/dL

Reference values have not been established for patients who are younger than 18 years.