**Lab Dept:** Chemistry

**Test Name:** HISTAMINE, PLASMA

### General Information

**Lab Order Codes:** HISP

**Synonyms:** NA

**CPT Codes:** 83088 - Histamine

**Test Includes:** Histamine concentration measured in nmol/L

### Logistics

**Test Indications:** Useful for evaluating patients for diseases of immediate hypersensitivity or mast cell proliferation (mastocytosis). Histamine is one of the major mediators of allergic reactions. Some carcinoid tumors, particularly of gastric origin, produce and release excessive histamine. Symptoms of flushing, itching, urticaria, vomiting, syncope or shock assumed to be due to histamine release, which coincides with increased urine of plasma levels. Systemic mastocytosis or basophilia can produce persistent elevations in plasma or urine histamine concentrations.

**Lab Testing Sections:** Chemistry - Sendouts

**Referred to:** Fairview Medical Laboratories (Test# HISTW) forward to ARUP Laboratories (Test# 0070036)

**Phone Numbers:**
- MIN Lab: 612-813-6280
- STP Lab: 651-220-6550

**Test Availability:** Daily, 24 hours

**Turnaround Time:** 7 days; performed twice weekly (Tuesday and Saturday)

**Special Instructions:** Pre-cool EDTA tube on ice before sample collection.

### Specimen

**Specimen Type:** Blood

**Container:** Lavender-top (EDTA) tube

**Draw Volume:** 3 mL (Minimum: 1.5 mL) blood
Processed Volume: 1 mL (Minimum: 0.5 mL) plasma

Collection: Pre-cool EDTA tube on ice prior to collection. Routine venipuncture, invert gently to mix. Once collected put filled tube back on ice and send immediately to the lab for processing (within 10 minutes of collection).


Patient Preparation: Patients should not have taken antihistamine drugs for 48 hours before testing.

Sample Rejection: Specimen other than EDTA plasma, mislabeled or unlabeled specimens

Interpretive

Reference Range: 0 – 8 nmol/L

Critical Values: N/A

Limitations: Owing to rapid disappearance of histamine from the blood, histamine may be undetectable if specimens are obtained hours after an allergic (anaphylactic) reaction.

Methodology: Enzyme Immunoassay (EIA)

References: Fairview University Medical Laboratories July 2014