

Reporting Title: N-Methylhistamine, 24 Hr, U

Performing Location: Rochester

Ordering Guidance:

Random urine collections are preferred for patients with episodic symptoms, eg, in the context of allergic reactions, brought on by specific environmental factors; order NMHR / N-Methylhistamine, Random, Urine.

If the total volume provided is less than 300 mL, this test will be canceled and NMHR ordered and performed.

Necessary Information:

Specimen volume (in milliliters) and duration are required.

Specimen Requirements:

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

Supplies: Sarstedt Aliquot Tube, 5 mL (T914)

Container/Tube: Plastic, 5-mL tube

Specimen Volume: 5 mL

Collection Instructions:

- 1. Collect urine for 24 hours.
- 2. No preservative.
- 3. Aliquot into plastic tube and send at refrigerate temperature.

Additional Information: See [Urine Preservatives-Collection and Transportation for 24-Hour Urine Specimens](#) for multiple collections.

Urine Preservative Collection Options:

Note: The addition of preservative or application of temperature controls **must occur within 4 hours of completion** of the collection.

| | |
|----------------------|-----------|
| Ambient | OK |
| Refrigerate | Preferred |
| Frozen | OK |
| 50% Acetic Acid | OK |
| Boric Acid | OK |
| Diazolidinyl Urea | No |
| 6M Hydrochloric Acid | OK |
| 6M Nitric Acid | OK |
| Sodium Carbonate | OK |
| Thymol | No |
| Toluene | No |

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

Ask at Order Entry (AOE) Questions:

| Test ID | Question ID | Description | Type | Reportable |
|---------|-------------|-------------------------|------------|------------|
| CRT24 | TM27 | Collection Duration (h) | Plain Text | Yes |
| CRT24 | VL69 | Urine Volume (mL) | Plain Text | Yes |

Result Codes:

| Result ID | Reporting Name | Type | Unit | LOINC® |
|-----------|------------------------------------|--------------|----------|---------|
| CR_A | Creatinine, 24 HR, U | Numeric | mg/24 h | 2162-6 |
| CR_24 | Creatinine Concentration, 24 HR, U | Numeric | mg/dL | 20624-3 |
| TM27 | Collection Duration (h) | Numeric | h | 13362-9 |
| VL69 | Urine Volume (mL) | Numeric | mL | 3167-4 |
| 605159 | N-Methylhistamine, 24 Hr | Alphanumeric | mcg/g Cr | 44340-8 |

LOINC® and CPT codes are provided by the performing laboratory.

Supplemental Report:

No

Components:

| Test Id | Reporting Name | CPT Units | CPT Code | Always Performed | Available Separately |
|---------|-----------------------------|-----------|----------|------------------|----------------------|
| NMH1D | N-Methylhistamine, 24 Hr, U | 1 | 82542 | Yes | No |
| CRT24 | Creatinine, 24 HR, U | | | Yes | No |

CPT Code Information:

82542

Reference Values:

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

Males: 930-2955 mg/24 hours

Females: 603-1783 mg/24 hours

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