

SERVICE UPDATE

Sampling time recommendations for mast cell tryptase in association with a suspected event causing mass cell activation (e.g. anaphylaxis)

This correspondence is to provide an update regarding PathWest sampling time recommendations for mast cell tryptase in association with a suspected event causing mass cell activation (e.g. anaphylaxis).

The changes are in line with sampling times recommended in UK and Australian guidelines published by the Australian and New Zealand Anaesthetic Allergy Group (ANZAAG), National Institute for Health and Care Excellence (NICE) and BSACI (British Society of Allergy & Clinical Immunology).

Sample collections for mast cell tryptase are now recommended to be taken:

- Close to 1 – 2 hours after the event (no later than 4 hours), and
- At least 24 hours after the event to obtain a baseline level

Previously, PathWest guidelines recommended sample collection between 15 mins and 3 hours after a suspected acute mast cell activation event, however collection at 15 minutes post-event may result in a false negative result as it may not coincide with a peak tryptase rise. In addition, a baseline measurement ensures a return to normal baseline mast cell tryptase levels after an acute rise, or alternatively can confirm a persistently elevated baseline serum tryptase level which can be associated with certain medical conditions.

These recommendations are now updated on the PathWest testing directory.

MORE INFORMATION

Please contact the Immunology support team or [click here](#) for more information.

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