

Overview**Useful For**

Assessing mast cell activation, which may occur as a result of anaphylaxis or allergen challenge

Assessing patients with systemic mastocytosis or mast cell activation syndrome

Method Name

Fluorescence Enzyme Immunoassay (FEIA)

NY State Available

Yes

Specimen**Specimen Type**

Serum

Specimen Required**Container/Tube:**

Preferred: Serum gel

Acceptable: Red top

Specimen Volume: 0.5 mL

Forms

If not ordering electronically, complete, print, and send a [General Request](#) (T239) with the specimen.

Specimen Minimum Volume

0.2 mL

Reject Due To

Gross hemolysis	OK
Gross lipemia	OK
Gross icterus	OK

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
Serum	Frozen (preferred)	14 days	
	Refrigerated	7 days	

Clinical and Interpretive

Clinical Information

Tryptase, a neutral protease, is a dominant protein component of the secretory granules of human mast cells. There are 2 forms of tryptase, designated as alpha and beta, which are encoded by 2 separate genes. Both are expressed as inactive proenzymes. Alpha-protryptase and beta-protryptase are spontaneously released from resting mast cells. The levels of the protryptases reflect the total number of mast cells within the body, but are not an indication of mast cell activation. Beta-protryptase is processed to a mature form, which is stored in granules and released as an active tetramer that is bound to heparin or chondroitin sulfate proteoglycans. In contrast, an amino acid change in alpha-protryptase prevents processing to a mature form. Upon mast cell activation, degranulation releases mature tryptase, which is almost exclusively in the form of beta-tryptase.

After anaphylaxis, mast cell granules release tryptase; measurable amounts are found in blood, generally within 30 to 60 minutes. The levels decline under first-order kinetics with half-life of approximately 2 hours. By comparison, histamine (another immunologic mediator released by activated mast cells) is cleared from blood within minutes. Increased serum levels may also occur after allergen challenge or in patients with systemic mastocytosis or mast cell activation syndrome.

Reference Values

<11.5 ng/mL

Interpretation

Levels of total tryptase in serum greater than or equal to 11.5 ng/mL may indicate mast cell activation occurring as a result of anaphylaxis or allergen challenge, or it may indicate increased number of mast cells as seen in patients with mastocytosis.

Cautions

Tryptase may be undetectable or not elevated in some patients with acute mast cell activation if specimens are obtained greater than 12 hours after an anaphylactic episode.

Clinical Reference

1. Schwartz LB, Metcalfe DD, Miller JS, et al: Tryptase levels as an indicator of mast-cell activation in systemic anaphylaxis and mastocytosis. *N Engl J Med* 1987;316:1622-1626
2. Schwartz LB, Yunginger JW, Miller J, et al: Time course of appearance and disappearance of human mast cell tryptase in the circulation after anaphylaxis. *J Clin Invest* 1989;83:1551-1555

Performance

Method Description

Anti-tryptase, covalently coupled to ImmunoCAP, reacts with tryptase in the patient serum specimen. After washing, enzyme-labeled antibodies against tryptase are added to form a complex. After incubation, unbound enzyme-labeled antibodies are washed away and the bound complex is incubated with a developing agent. After stopping the reaction, the fluorescence in the eluate is measured. The fluorescence is directly proportional to the concentration of tryptase in the serum specimen. (Package insert: ImmunoCAP Tryptase, Phadia AB, Uppsala, Sweden, 10/2018)

PDF Report

No

Day(s) and Time(s) Test Performed

Monday through Friday; 9 a.m. and 1 p.m.

Analytic Time

1 day

Maximum Laboratory Time

5 days

Specimen Retention Time

14 days

Performing Laboratory Location

Rochester

Fees and Codes**Fees**

- Authorized users can sign in to [Test Prices](#) for detailed fee information.
- Clients without access to Test Prices can contact [Customer Service](#) 24 hours a day, seven days a week.
- Prospective clients should contact their Regional Manager. For assistance, contact [Customer Service](#).

Test Classification

This test has been modified from the manufacturer's instructions. Its performance characteristics were determined by Mayo Clinic in a manner consistent with CLIA requirements. This test has not been cleared or approved by the U.S. Food and Drug Administration.

CPT Code Information

83520

LOINC® Information

Test ID	Test Order Name	Order LOINC Value
TRYPT	Tryptase, S	21582-2

Result ID	Test Result Name	Result LOINC Value
TRYPT	Tryptase, S	21582-2