

HOTLINE: Effective August 3, 2020

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3002743

*N*-Methylhistamine, Random Urine

NMETH RAN

**Specimen Required:** Patient Prep: Patient must not be taking monoamine oxidase inhibitors (MAOIs) or aminoguanidine as these medications increase N-methylhistamine (NMH) levels. Specimen should be collected within a few hours of symptom onset.

Collect: Urine

Specimen Preparation: Transfer 5 mL urine to ARUP Standard Transport Tubes. (Min: 3 mL)

**Test is not performed at ARUP; separate specimens must be submitted when multiple tests are ordered.**

Storage/Transport Temperature: Refrigerated. Also acceptable: Room temperature and frozen.

Stability (collection to initiation of testing): Ambient: 2 weeks; Refrigerated: 28 days; Frozen: 28 days