

# Tryptase Blood Testing

## Patient Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Reason for Testing

- To determine if a severe allergic reaction, called anaphylaxis or anaphylactic shock, has recently occurred
- To diagnose mast cell disorders, rare conditions in which there are either too many mast cells in the body or the mast cells are abnormally reactive.
- To monitor patients with mast cell disorders to see whether their condition is stable or worsening

## Clinical Signs and Symptoms for Anaphylaxis

### Flushing:

Yes

No

### Itching:

Yes

No

### Difficulty Breathing:

Yes

No

### Swelling of the Face or Tongue:

Yes

No

### Abdominal Pain:

Yes

No

**Chest Tightness:**

- Yes
- No

**Suspected: Drug Allergy**

- Yes
- No

**Suspected: Food Allergy**

- Yes
- No

**Suspected: Insect or bite Allergy**

- Yes
- No

## **Clinical Signs and Symptoms for Mast Cell Disorders**

**Skin symptoms, including flushing, itching, and red or brown patches:**

- Yes
- No

**Digestive system symptoms, including heartburn, nausea, and abdominal cramping:**

- Yes
- No

**Respiratory and nasal symptoms, including wheezing, nasal congestion, and runny nose:**

- Yes
- No

# Tryptase Tests

Note that more than one test should be obtained to compare an abnormal test result.

- Normal ranges are typically recognized as 3 to 5 nanograms per milliliter (ng/mL).

Order	Results
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Test Result When Symptoms Are Present	Repeat Test/Baseline Test	Possible Diagnoses
High	Normal	Anaphylactic shock or mast cell activation syndrome
High	High	Systemic mastocytosis, certain genetic syndromes, or some blood or kidney disorders
Normal	Normal	Mastocytosis affecting the skin only, or another condition that does not involve mast cell activation

## Physician's Notes and Recommendations

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_