

## ANAPHYLAXIS GUIDELINE

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This is the most current document and should be used until a revised version is in place

### Appendix 2

#### Blood Test for Tryptase Levels

a) Minimum: one sample (in yellow top bottle) at 1-2 hours after the start of symptoms but ideally no later than 4 hours.

OR

b) Ideally: Three *timed* samples:

- Initial sample as soon as feasible after resuscitation has started – do not delay resuscitation to take sample.
- Second sample at 1-2 hours after the start of symptoms but ideally no later than 4 hours.
- Third sample either at 24 hours or in convalescence (for example in a follow-up allergy clinic). This provides baseline tryptase levels - some individuals have an elevated baseline level.