Test Definition: HG

Mercury, Blood

Overview

Useful For

Detecting mercury toxicity

Special Instructions

- Metals Analysis Specimen Collection and Transport

Method Name

Triple Quadrupole Inductively Coupled Plasma Mass Spectrometry (ICP-MS/MS)

NY State Available

Yes

Specimen

Specimen Type

Whole blood

Specimen Required

*****This specimen container cannot be opened or used for any other testing before shipping.*****

Patient Preparation: High concentrations of gadolinium and iodine are known to potentially interfere with most inductively coupled plasma mass spectrometry-based metal tests. If either gadolinium- or iodine-containing contrast media has been administered, **a specimen should not be collected for 96 hours**.

Supplies:

-Metal Free EDTA 3 mL Tube (T989)

-Metal Free B-D Tube (EDTA), 6 mL (T183)

Collection Container/Tube:

Preferred: Royal blue-top BD vacutainer with EDTA blood collection tube (3 mL) (BD catalog no. 367777) (T989)

Acceptable: Royal blue-top BD Vacutainer Plus with EDTA blood collection tube (6 mL) (BD catalog no. 368381) (T183)

Specimen Volume: 1 mL

Collection Instructions:

1. See Metals Analysis Specimen Collection and Transport for complete instructions.
2. Send whole blood specimen in original tube. **Do not aliquot**.

Specimen Minimum Volume

0.25 mL

Reject Due To

Gross	OK

hemolysis	
Gross lipemia	OK
Gross icterus	OK

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
Whole blood	Refrigerated (preferred)	28 days	
	Ambient	28 days	
	Frozen	28 days	

Clinical & Interpretive

Clinical Information

Mercury (Hg) is relatively non-toxic in its elemental form. If Hg(0) is chemically modified to the ionized, inorganic species, Hg(2+), it becomes toxic. Further bioconversion to an alkyl Hg, such as methyl Hg (CH3Hg[+]), yields a species of mercury that is highly selective for lipid-rich tissue, such as neurons, and is very toxic. The relative order of toxicity is:

Least Toxic - Hg(0) < Hg(2+) << CH3Hg(+) -- Very Toxic

Mercury can be chemically converted from the elemental state to the ionized state. In industry, this is frequently done by exposing Hg(0) to strong oxidizing agents, such as chlorine.

Hg(0) can be bioconverted to both Hg(2+) and alkyl Hg by microorganisms that exist both in the normal human gut and in the bottom sediment of lakes, rivers, and oceans. When Hg(0) enters bottom sediment, it is absorbed by bacteria, fungi, and small microorganisms; they metabolically convert it to Hg(2+), CH3Hg(+), and C2H6Hg. Should these microorganisms be consumed by larger marine animals and fish, the mercury passes up the food chain in rather toxic form.

Mercury expresses its toxicity in 3 ways:
-Hg(2+) is readily absorbed and reacts with sulfhydryl groups of protein, causing a change in the tertiary structure of the protein-a stereoisomeric change-with subsequent loss of the unique activity associated with that protein. Because Hg(2+) becomes concentrated in the kidney during the regular clearance processes, this target organ experiences the greatest toxicity.
-With the tertiary change noted previously, some proteins become immunogenic, eliciting a proliferation of T lymphocytes that generate immunoglobulins to bind the new antigen; collagen tissues are particularly sensitive to this.
-Alkyl Hg species, such as CH3Hg(+), are lipophilic and avidly bind to lipid-rich tissues such as neurons. Myelin is particularly susceptible to disruption by this mechanism.

Members of the public will occasionally become concerned about exposure to mercury from dental amalgams. Restorative dentistry has used a mercury-silver amalgam for approximately 90 years as a filling material. A small amount of mercury (2-20 mcg/day) is released from a dental amalgam when it was mechanically manipulated, such as by chewing. The habit of gum chewing can cause release of mercury from dental amalgams greatly above normal. The

normal bacterial microbiota present in the mouth converts a fraction of this to Hg(2+) and CH3Hg(+), which was shown to be incorporated into body tissues. The World Health Organization safety standard for daily exposure to mercury is 45 mcg/day. Thus, if one had no other source of exposure, the amount of mercury released from dental amalgams is not significant.(1) Many foods contain mercury. For example, commercial fish considered safe for consumption contain less than 0.3 mcg/g of mercury, but some game fish contain more than 2.0 mcg/g and, if consumed on a regular basis, contribute to significant body burdens.

Therapy is usually monitored by following urine output; therapy may be terminated after urine excretion is below 50 mcg/day.

Reference Values

<10 ng/mL
Reference values apply to all ages.

Interpretation

The quantity of mercury (Hg) found in blood and urine correlates with degree of toxicity. Hair analysis can be used to document the time of peak exposure if the event was in the past.

Normal whole blood mercury is usually below 10 ng/mL.

Individuals who have mild exposure during work, such as dentists, may routinely have whole blood mercury levels up to 15 ng/mL.

Significant exposure is indicated when the whole blood mercury is above 50 ng/mL if exposure is due to alkyl Hg, or above 200 ng/mL if exposure is due to Hg(2+).

Cautions

No significant cautionary statements

Clinical Reference

1. Lee R, Middleton D, Calwell K, et al. A review of events that expose children to elemental mercury in the United States. Environ Health Perspect. 2009;117(6):871-878
2. Bjorkman L, Lundekvam B, Laegreid T, et al. Mercury in human brain, blood, muscle and toenails in relation to exposure: an autopsy study. Environ Health. 2007;6:30. Published 2007 Oct 11. doi:10.1186/1476-069X-6-30
3. deBurbure C, Buchet JP, Leroyer A, et al. Renal and neurologic effects of cadmium, lead, mercury, and arsenic in children: evidence of early effects and multiple interactions at environmental exposure levels. Environ Health Perspect. 2006;114(4):584-590
4. Strathmann FG, Blum LM. Toxic elements. In: Rifai N, Chiu RWK, Young I, Burnham CD, Wittwer CT, eds. Tietz Textbook of Laboratory Medicine. 7th ed. Elsevier; 2023:chap 44

Performance

Method Description

The metal of interest is analyzed by triple quadrupole inductively coupled plasma mass spectrometry.(Unpublished

Mayo method)

PDF Report
No

Day(s) Performed
Monday through Saturday

Report Available
1 to 3 days

Specimen Retention Time
14 days

Performing Laboratory Location
Mayo Clinic Laboratories - Rochester Superior Drive

Fees & 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 account representative. For assistance, contact Customer Service.

Test Classification
This test was developed and its performance characteristics determined by Mayo Clinic in a manner consistent with CLIA requirements. It has not been cleared or approved by the US Food and Drug Administration.

CPT Code Information
83825

LOINC® Information

Test ID	Test Order Name	Order LOINC® Value
HG	Mercury, B	5685-3

Result ID	Test Result Name	Result LOINC® Value
8618	Mercury, B	5685-3