

Overview

Method Name

High Performance Liquid Chromatography/Tandem Mass Spectrometry (LC-MS/MS)

NY State Available

Yes

Specimen

Specimen Type

Plasma EDTA

Specimen Required

Specimen Type: Plasma

Container/Tube:

Preferred: (Lavender top) EDTA

Acceptable: (pink top) EDTA

Specimen volume: 3 mL

Collection instructions: Draw blood in EDTA (lavender top) tube(s). Spin down and send 1 mL of plasma refrigerated in a plastic vial.

Reject Due To

Hemolysis	Mild reject; Gross reject
Lipemia	Mild reject; Gross reject
Icterus	NA
Other	Polymer gel separation tube (SST or PST)

Specimen Minimum Volume

0.5 mL

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
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Plasma EDTA	Refrigerated (preferred)	30 days	
	Frozen	365 days	
	Ambient	14 days	

Clinical & Interpretive

Reference Values

Reporting limit determined each analysis.

Units: ng/mL

Interpretation

Endogenous concentrations of melatonin are of the order of less than 0.02-0.2 ng/mL and vary based on time of day and age. An oral use of a 6 mg dose in 60 female subjects produced an average peak concentration of 12 ng/mL with a peak time of approximately 0.75 hours. A 10 mg dose in male subjects produced an average concentration of 9.8 ng/mL. Melatonin's major side effect profile includes drowsiness and sleepiness.

Performance

PDF Report

No

Performing Laboratory Location

NMS Labs

Fees & Codes

Test Classification

This test was developed and its performance characteristics determined by NMS Labs. It has not been cleared or approved by the U.S. Food and Drug Administration.

CPT Code Information

80299

LOINC® Information

Test ID	Test Order Name	Order LOINC Value
FMELA	Melatonin, Plasma	11055-1

Result ID	Reporting Name	LOINC®
Z3521	Melatonin	11055-1