

**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
Plasma EDTA	Refrigerated (preferred)	30 days	
	Frozen	365 days	
	Ambient	14 days	

**Clinical & Interpretive****Reference Values**

Reporting limit determined each analysis.

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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