

## Temazepam (Restoril), Serum

**Test ID:** FFTEM

**Explanation:**

Effective September 30, 2025, test ID FFTEM, referred to Medtox, will be obsolete due to availability of Mayo test TEMZS.

**Recommended Alternative Test:**

## Temazepam and Oxazepam, Serum

**Test ID:** TEMZS

**Useful for:**

- Assessing compliance
- Monitoring for appropriate therapeutic level
- Assessing oxazepam toxicity

**Methods:**

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

**Reference Values:**

Therapeutic concentrations

Temazepam: 600-1100 ng/mL at 1 hour

Cutoff concentrations by liquid chromatography tandem mass spectrometry:

Temazepam: 10 ng/mL

Oxazepam: 10 ng/mL

**Specimen Requirements:**

**Supplies:** Sarstedt Aliquot Tube, 5 mL (T914)

**Collection Container/Tube:** Red top (Serum gel/SST are not acceptable)

**Submission Container/Tube:** Plastic vial

**Specimen Volume:** 1 mL

**Specimen Minimum Volume:** 0.3 mL

**Collection Instructions:** Centrifuge and aliquot serum into a plastic vial.

**Specimen Stability Information:**

Specimen Type	Temperature	Time
Serum Red	Refrigerated (preferred)	28 days
	Ambient	28 days
	Frozen	28 days

**CPT Code:**

80299

**Day(s) Performed:** Wednesday

**Report Available:** 3 to 7 days

**Questions**

Contact MCS Referrals Supervisors Amy Bluhm or Heather Hilgart at 800-533-1710.