

**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.

**Specimen Minimum Volume**

0.5 mL

**Reject Due To**

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

**Specimen Stability Information**

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

## Clinical and 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

### Day(s) and Time(s) Test Performed

Monday-Sunday

### Analytic Time

7 days

### Maximum Laboratory Time

9 - 11 days

### Performing Laboratory Location

NMS Labs

## Fees and 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 Regional Manager. For assistance, contact [Customer Service](#).

### 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

80375

### LOINC® Information

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



Result ID	Test Result Name	Result LOINC Value
Z3521	Melatonin	11055-1