MAYO CLINIC LABORATORIES

Test Definition: FMELA

Melatonin, Plasma

Overview

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

NY State Available
Yes

Specimen

Specimen Type
Plasma EDTA

Specimen Required
*****Must submit one specimen per order. Specimens cannot be shared between multiple orders.*****
Specimen Type: Plasma
Collection Container/Tube:
Preferred: Lavender top (EDTA)
Acceptable: Pink top (EDTA)
Submission Container/Tube: Plastic vial
Specimen volume: 3 mL
Collection instructions:
1. Draw blood in EDTA (lavender top) tube(s).
2. Centrifuge and send 1 mL of plasma refrigerated in a plastic vial.

Specimen Minimum Volume
0.5 mL

Reject Due To

Hemolysis	Reject
Lipemia	Reject
Other reasons for rejection	Polymer gel separation tube (SST or PST)

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
Plasma EDTA	Refrigerated (preferred)	30 days	
	Ambient	14 days	
	Frozen	365 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 the patient's age. Single oral doses of 10, 20, 40, and 80 mg given to 20 healthy men resulted in mean peak serum concentrations of approximately 4, 9, 17, and 32 ng/mL, respectively, at 1.3 hours post-dose. Up to 240 mg has been safely administered to adults with side effects that include only drowsiness and sleepiness.

Performance

PDF Report
No

Day(s) Performed
Monday-Sunday

Report Available
6 to 12 days

Performing Laboratory Location
NMS Labs

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 NMS Labs. It has not been cleared or approved by the U.S. Food and Drug Administration.

CPT Code Information
80299

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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