

MEMORANDUM

May 23, 2008

TO: PHYSICIANS LABORATORY CLIENTS

**FROM: GREGORY POST, Ph.D.
DIRECTOR OF CLINICAL SERVICES**

**SUBJECT: ANTICONVULSANT SPECIMEN REQUIREMENTS FOR
THERAPEUTIC DRUG MONITORING (TDM)**

Serum from a plain, red top tube (Non-SST serum separating gel) is the only acceptable specimen for therapeutic drug monitoring of the following anticonvulsants:

- Test #710 Dilantin (Phenytoin) Total
- Test #357 Dilantin (Phenytoin) Total and Free
- Test #896 Dilantin (Phenytoin)/Phenobarbital
- Test #722 Carbamezapine (Tegretol) Total
- Test #361 Carbamezapine (Tegretol) Total and Free
- Test #718 Phenobarbital Total
- Test #660 Phenobarbital (Luminal) Total and Free
- Test #836 Mysoline (Primidone) includes Phenobarbital

Serum from a SST (gel) tube results in decreased values and under-estimation of therapeutic levels. This may inadvertently direct the dosage to be increased when therapeutic levels of the drug are in effect.

To ensure accurate drug levels are reported, please submit specimens for anticonvulsants in plain (non SST gel barrier) red top tubes.

If you have questions, please contact me at 402-731-4145 or 1-800-642-1117.