



Patient Information form

RESTRICTIVE GUIDELINES-24HR URINE COLLECTION

These tests require special preparation prior to test collection. Please check the test ordered for your patient.

Place ✓	TEST RESTRICTIONS/GUIDELINES
	<p><u>VMA, 24 HR URINE</u> It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Patient should avoid alcohol, coffee, tea, tobacco (including nicotine patch), bananas, citrus fruits and strenuous exercise prior to collection.</p>
	<p><u>METANEPHRINES, 24 HR URINE</u> It is preferable for the patient to be off medications for three days prior to collection. Patient should avoid tobacco, tea, coffee, for three days prior to specimen collection. Common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Medications which are alpha agonists (Aldomet), alpha blockers (Dibenzylamine) should be avoided 18-24 hours prior to specimen collection.</p>
	<p><u>CATECHOLAMINES, 24 HR URINE</u> It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimum or no interference. Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits and strenuous exercise prior to collection.</p>
	<p><u>HOMOVANILLIC ACID, (HVA), 24 HR URINE</u> It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Patient should avoid alcohol, coffee, tea, tobacco, and strenuous exercise prior to collection.</p>
	<p><u>HISTAMINE, 24 HR URINE</u> Avoid taking allergy causing drugs, antihistamines, oral corticosteroids and substances which block H2 receptors 24 hours prior to collection.</p>
	<p><u>HEAVY METALS, 24 HR URINE</u> Avoid seafood consumption for 48 hours prior to collection.</p>
	<p><u>5HIAA, 24 HR URINE</u> Patient should avoid food high in indoles: avocado, banana, tomato, plum, walnut, pineapple and eggplant. Patient should also avoid tobacco, tea and coffee three days prior to collection.</p>