

## Patient Collection Instructions for 24-hour Urine Collection VMA, HVA, 5HIAA, Metanephrine Panel, Catecholamine Panel

*Applies to former Saskatoon Health Region area*

Specimen	<ul style="list-style-type: none"> <li>• 24 hour urine</li> </ul>
Labelling	<ul style="list-style-type: none"> <li>• Label container (orange 24 hour urine jug) <ul style="list-style-type: none"> <li>○ First and last name</li> <li>○ Provincial Health Care Number and Date of Birth</li> <li>○ Date and time of collection</li> </ul> </li> <li>• Write start time, end time, and end date of collection on requisition</li> </ul>
Dietary Requirements	<ul style="list-style-type: none"> <li>• Some medications may interfere with results of this test. Talk to your doctor about the medication you are taking. Do not stop taking medications unless your doctor advises you to stop.</li> <li>• Please follow the diet and medication restrictions for 48 hours prior to and during collection time of specimen</li> <li>• Avoid the following for 24 to 48 hours prior to start of collection and for length of collection as they may give falsely elevated results: <ul style="list-style-type: none"> <li>• Smoking</li> <li>• Caffeine</li> <li>• Chocolate</li> <li>• Nuts</li> <li>• Eggplant</li> <li>• Tomato</li> <li>• Avocado</li> <li>• Kiwi fruit</li> <li>• Melons</li> <li>• Banana</li> <li>• Pineapple</li> <li>• Plums</li> <li>• Fruit Juices</li> </ul> </li> <li>• Discontinue the following drugs 3 to 4 days before collection. Caution must be used when discontinuing some medications, consult physician if there are concerns. <ul style="list-style-type: none"> <li>• acetaminophen</li> <li>• acetanilide</li> <li>• acetophenetidin</li> <li>• aldomet</li> <li>• Aspirin</li> <li>• alpha methyl normetanephrine</li> <li>• aminophylline</li> <li>• auspirone/buspirone</li> <li>• B-complex vitamin</li> <li>• codeine</li> <li>• dextro amphetamine</li> <li>• Ethanol</li> <li>• ephedrine</li> <li>• glyceryl guaiacolate (guafenesin, cold medications)</li> <li>• imipramine</li> <li>• isoproterenol</li> <li>• levodopa</li> <li>• mandelamine</li> <li>• meprobamate</li> <li>• metaclopramide</li> <li>• metaproterenol</li> <li>• methenamine</li> <li>• methyl dopa</li> <li>• monoamine oxidase inhibitors</li> <li>• p-chlorophenylalanine</li> <li>• phenothiazine – (mephenesin)</li> <li>• prochloroperazine</li> <li>• promethazine</li> <li>• quinidine</li> <li>• quinine</li> </ul> </li> <li>• Mild to moderate elevations of single analytes listed above often are caused by lack of compliance with the above recommendations, and not necessarily indicative of disease. In case of such mild to moderate increases, repeat testing is recommended.</li> </ul> <p style="text-align: right;"><i>Roy Romano Provincial Laboratory. Accessed March 22 2018.</i></p>
Collection Procedure	<ul style="list-style-type: none"> <li>• Empty your bladder when you get up in the morning and discard this urine (Note the start date and time)</li> <li>• From then on, collect all urine you pass during the day and night by voiding into a clean container and pouring the urine into the collection bottle provided</li> <li>• Do not void directly into the collection bottle provided by the laboratory. Pour gently if acid has been added to the bottle.</li> <li>• Make your final collection when you empty your bladder the next morning at the same hour (Note the end date and time)</li> </ul>
Stability/ Storage	<ul style="list-style-type: none"> <li>• Keep the collected urine refrigerated</li> <li>• Can be dropped off at RUH Test Centre, SPH Test Centre or any Patient Service Centre as soon as possible after the collection is complete</li> </ul>