



FHHR LABORATORY SPECIMEN COLLECTION

24 Hour Urine 5HIAA, HVA, VMA, Catecholamines, & Metanephrines

Please read carefully before proceeding with collection.

Materials provided:

- 24 hour urine specimen collection instructions.
- A special container has been provided in which you must collect all urine voided over a full 24-hour period.

Diet Restrictions- Avoid the following for 4 hrs prior to start of collection and for length of collection.

caffeine	chocolate	nuts	eggplant	tomato
avocado	kiwi fruit	melons	banana	pineapple
plums	fruit juices			

Other Restrictions- avoid smoking for 4 hr prior and during 24 hr urine collection.

These substances may cause falsely elevated results.

Discontinue the following drugs 3-4 days before collection. **Consult with your physician before discontinuing any medication.**

Acetaminophen	Acetanilide	Acetophenetidin
Aldomet	Aspirin™(acetylsalicylic acid)	Aminophylline
Alpha methyl normetanephrine	Auspiron	B-complex vitamin
Codeine	Dextroamphetamine	Ethanol
Ephedrine	Glyceryl guaiacolate (guaifenesin, cold medications)	Levodopa
Imipramine	Isoproterenol	Metaclopramide
Mandelamine	Meprobamate	Methyl dopa
Metaproterenol	Methenamine	Phenothiazine (mephenesin)
Monoamine oxidase inhibitors	P-chlorophenylalinine	Quinidine
Prochloroperazine	Premethazine	Promethazine
Quinine	Terbutaline	

References:

SDCL online compendium, Endocrinology 24-hr Urine Prep, February 19, 2015