

CAPITAL DISTRICT HEALTH AUTHORITY

*Healthier people and communities in the Capital Health District,
Nova Scotia and Atlantic Canada, contributing to a healthier world.*

24-Hour Urine Catecholamines and 5HIAA and Metanephrine Collection Instructions

If you are taking medication, you should discuss this with your physician.

Diet Restrictions for these Tests:

This diet must be at least 3 days prior to collection and during collection:

- A. Avoid taking vitamin supplements and medication containing catecholamine (consult with physician).
- B. In order to ensure the validity of results, the following foods and drugs must be avoided for three days prior to, and during specimen collection:

Foods to Avoid	Drugs to Avoid
Caffeine (chocolate, coffee, tea, cola) Vanilla Bananas	Alpha-methyldopa Isoproterenol Labetalol Mandelamine Metoclopramide Acetaminophen Cimetidine metabolites

1. Only a **24-hour** urine collection is acceptable.
2. Follow the 24-hour urine collection procedure.
3. The collection containers are jugs that contain 15-20 ml of 6N HCl (acid) to prevent the decomposition of the sample. Keep the container tightly covered so the acid will not leak out prior to the beginning of the collection.
4. Be sure to mix the specimen after each urine addition.

Each accompanying **requisition form** must include the following information:

- Your **full name and Date of Birth**
- Your **health card number**
- **Physicians** full name and address
- **Start date and time** for each urine collection.

Label the **collection container** with your **name, date of collection** and **start and end time**.

Specimens can be delivered to:

Halifax: QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main Floor- MacKenzie Building
(24 hour access for drop-offs)

Or: Your local district laboratory