

Graham Health System Laboratory
210 W. Walnut or 180 S. Main St.
Canton, IL 61520
Phone: 309-647-5240 or 309-647-0201

**24-Hour Urine Tests
Patient Collection Handout**

CATECHOLAMINES:

PATIENT PREPARATION: 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 use of nicotine patch), bananas, citrus fruits and strenuous exercise prior to collection.

METANEPHRINES:

PATIENT PREPARATION: Patient should avoid alcohol, coffee, tea, tobacco and strenuous exercise prior to collection. Overnight fasting is preferred. Patients should be relaxed in either a supine or upright position before blood is drawn.

5-HIAA:

PATIENT PREPARATION: 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 specimen collection.

HOMOVANILLIC ACID (HVA):

PATIENT PREPARATION: It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensive (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.

VANILLYLMANDELIC ACID (VMA):

PATIENT PREPARATION: It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensive (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits and strenuous exercise prior to collection.