

Special rules

There are rules for your food and medications during the days before collecting urine for your metanephrine test.

Do not stop taking any medication unless your primary health care provider tells you to. Talk about the following with your primary health care provider:

- **5 days** before collecting your urine, you may need to stop taking:
 - › Labetalol
 - › Methyldopa
 - › Levodopa
 - › Reserpine
 - › Sotalol
 - › Monoamine oxidase inhibitors
 - › Tricyclic antidepressants
- **1 day** before collecting your urine:
 - › Limit caffeine (like coffee, black tea, green tea, cola)
 - › Limit nicotine (like cigarettes, e-cigs, cigars, vaping)
 - › **Stop** drinking alcohol

Do not start to take your medications, drink caffeine, smoke/vape, or drink alcohol until you finish collecting your 24-hour urine specimen.

24-hour access for drop-offs available in Halifax:

QE II Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building
Or drop off your specimen at your local lab. Check www.nshealth.ca/laboratory-services for lab hours and addresses.

- › Phone: 902-473-2266
- › Email: DPLMCustomerService@nshealth.ca

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Metanephrine Urine Collection

Pathology and Laboratory Medicine Halifax Area

You must follow the special rules in this pamphlet.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's (family doctor or nurse practitioner) full name and address**
- › **Start and end times and dates** for each urine collection

Instructions

- Your primary health care provider has given you a form to have this test done. This form is called a **requisition**. You will need to keep your requisition and **bring it to the drop-off site with your full collection bottle(s)**.
- Start when you have **2 days in a row** that are routine (you plan to get up at the same time and have no special commitments).
- When you get up, urinate (pee) as usual. **Do not** collect this specimen. This is your start time.
- If you miss any urine (pee) over the 24-hour period, **you must start a new 24-hour collection**.
- Use only the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic.
- Keep the bottle **in the fridge** between collections and after the last collection.
- Bring the filled bottle(s) to an approved drop-off site **as soon as you finish** your collection(s) (see the link on the back cover for sites).

DAY 1

- Write your **full name and date of birth, health card number, and the start date and time** on the bottle label and requisition.
- When you get up, **urinate as usual. Do not collect this specimen (sample)**. This is your start time.
- Collect **ALL** your urine from that day and night in the same bottle.

DAY 2

- Get up at the same time as on DAY 1.
- Collect your 1st morning urine and add it to the bottle. This is your end time.
- Write your **end time and date** on the bottle label and requisition.

If you need to do 2 back-to-back 24-hour urine collections:

DAY 2 (continued)

- Write your **full name and date of birth, health card number, and the start time and date (this is the same as the end time and date on the 1st bottle)** on the 2nd bottle label and requisition.
- The date and time should match the end date and time on your 1st bottle.
- Collect **ALL** of your urine in the 2nd bottle that day and night.

DAY 3

- Get up at the same time as on DAY 2. Collect your 1st morning urine and add it to the 2nd bottle.
- Write your **end date and time** on the bottle label and requisition.
- Make sure the collection bottle(s) is labelled with your **full name and date of birth, health card number, and the start and end times and dates**.