



2026

Urine Catecholamines Collection

Pathology and
Laboratory Medicine,
Halifax Area

Instructions

- **Before starting**, read the important guidelines on the back of this pamphlet.
- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called your **requisition**. **You must bring your requisition to the drop-off site with your filled collection bottles.**
- 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 plans).
- If you miss any urine (pee) over the 24-hour period, **you must start a new 24-hour collection.**
- Use only the collection bottles given to you by your health care provider, local lab, or blood collection clinic.
- Keep the bottles **in the fridge** between collections and after the last collection.
- Bring the bottles and requisition to an approved drop-off site **as soon as you finish** the 24-hour collection (see the link on the back cover for sites).

Day 1

1. Print your **full name and date of birth, health card number, and the start time and date** on the bottle label and requisition.

2. When you get up, pee as usual. **Do not collect this sample.** This is your **start time**.
3. Except for your 1st morning pee, collect all of your urine from this day and night in the same bottle.

Day 2

1. Get up at the same time as Day 1.
2. Collect your 1st morning urine and add it to the bottle. **This is your end time.**
3. Print 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)

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

Day 3

1. Get up at the same time as on Day 2. Collect your 1st morning urine and add it to the 2nd bottle. **This is your end time.**
2. Print your **end time and date** on the 2nd bottle label and requisition.

3. 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.**

Important

- Some food and medications can affect this test. Before this test, talk with your primary health care provider about the following guidelines. **Do not** stop taking any medications unless your primary health care provider tells you to before your test.

Talk about the following with your primary health care provider:

- **7 days before collecting your urine,** you may need to stop taking:
 - › Monamine oxidase inhibitors
 - › Selective serotonin receptor reuptake inhibitors (SSRIs)
 - › Alpha-blockers
 - › Recreational drugs (like cannabis)
 - **3 days before collecting your urine,** you may need to stop taking other medications, including pain, allergy, and cough medications, vitamins, supplements, and medications that affect catecholamine.
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- **2 days before collecting your urine:**
 - › Limit caffeine (like coffee, black tea, green tea, cola).
 - › Limit nicotine (like cigarettes, e-cigs, cigars).
 - › **Do not** have any alcohol.
 - › **Do not** have chocolate, vanilla, bananas, walnuts, avocados, fava beans, and licorice.
- **Do not** start taking your medication(s), eating the foods listed above, or having caffeine, nicotine, or alcohol until you finish collecting your 24-hour urine sample.
- **Your collection sample will not be tested if:**
 - › It is not labelled correctly
 - › Your requisition is not filled out

Each requisition must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › **Start and end times and dates** for each urine collection

- **You can drop off specimens (also called samples) in Halifax 24 hours a day, 7 days a week at:**
Central Specimen Accessioning
QE II Health Sciences Centre
5788 University Avenue
Main floor, Mackenzie Building
- You can also drop them off at your local lab.
 - › Check www.nshealth.ca for lab addresses and hours.
 - › 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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