

# 24-Hour Urine Collection for Catecholamines, 5HIAA, VMA, and Metanephrines

## South Shore Regional Hospital

**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**

# 24-Hour Urine Collection for Catecholamines, 5HIAA, VMA, and Metanephrines

## Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called your **requisition**.
- Start your urine (pee) collection 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 over the 24-hour period, you must start a new 24-hour collection.
- Use only the collection bottles given to you by your primary health care provider, local lab, or blood collection clinic. The collection bottle(s) **contains acid** to keep the sample from breaking down. **Keep the bottle tightly covered so the acid does not leak out** before you start the collection.
- **Do not** pee directly in the collection bottle.
- Keep the bottle(s) **in the fridge** between collections and after the last collection.
- Use a pen that will not smudge to print on the bottle label.

- Bring the filled collection tube and requisition to an approved drop-off site **as soon as you finish your collection(s)** (see page 5 for sites).

## Important

- Some drugs and foods can affect this test. Before doing 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.**

## For catecholamines, VMA, and metanephrines:

- **5 days** before collecting your urine for metanephrines, **do not** take methyldopa (Aldomet®) (reserpine levodopa).
- **3 days** before collecting your urine for catecholamine, **do not** take vitamins, supplements, and medications that affect catecholamine.
- **1 day (24 hours)** before collecting your urine, **do not** have any nicotine (like cigarettes, e-cigs, cigars), or alcohol.
- **3 days before collecting your urine for VMA, do not** have any coffee, tea, or caffeinated drinks, chocolate or cocoa of any kind, bananas or citrus fruits (like grapefruit, lemons, oranges, tangerines), vanilla or vanilla extract.

## For 5HIAA:

- **3 days** before collecting your urine, **do not** take vitamins, supplements, and medications (if possible).
- **2 days** before collecting your urine, **do not** eat avocados, bananas, plums, eggplant, hickory nuts, pineapple, or mollusks.
- **Do not take your medications, or eat the foods or drinks listed above until you are done collecting your 24-hour urine sample.**

## Day 1

1. Print **your full name and date of birth, health card number, and the collection date and time** 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. Collect **all** your urine from that day and night in the same bottle.
4. Mix the sample every time you add more urine to the bottle.

## Day 2

1. Get up at the same time as Day 1.
2. Collect your 1<sup>st</sup> 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 1<sup>st</sup> bottle)** on the 2<sup>nd</sup> bottle label and requisition.
2. The date and time should match the end date and time on your 1<sup>st</sup> bottle.
3. Collect **all** of your urine in the 2<sup>nd</sup> bottle that day and night.

## **Day 3**

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

**If you have been asked to collect a sample and you are having trouble, call your primary health care provider.**

## **Drop-off sites:**

Drop-off sites are closed on holidays.

### **South Shore Regional Hospital**

Main floor

90 Glen Allan Drive

Bridgewater NS B4V 2S6

- **Drop-off hours:**

- › 7 a.m. to 2 p.m. (Monday to Friday)
- › When you arrive, take a Q-matic ticket.

- **Closed:**

- › 8:30 a.m. to 9 a.m.
- › 11:30 a.m. to 12 p.m. (noon)

### **Fisherman's Memorial Hospital**

1<sup>st</sup> floor registration

14 High Street

Lunenburg NS BOJ 2C0

- **Drop-off hours:**

- › 7:30 a.m. to 2 p.m. (Monday to Thursday)
- › 7:30 a.m. to 11 a.m. (Fridays)
- › When you arrive, take a Q-matic ticket.

- **Closed:**

- › 9 a.m. to 9:30 a.m.
- › 11 a.m. to 12 p.m. (noon)

## **Queen's General Hospital**

1<sup>st</sup> floor

175 School Street

Liverpool NS B0T 1P0

- **Drop-off hours:**

- › 9 a.m. to 11:30 a.m.
- › 12 p.m. (noon) to 2 p.m. (Monday to Friday)
- › When you arrive, take a Q-matic ticket.

- **Closed:**

- › 11:30 a.m. to 12 p.m. (noon)

## **North Queen's Health Centre**

9698 Highway 8

Caledonia NS B0T 1B0

- **Drop-off hours:**

- › 7:30 a.m. to 10:45 a.m.  
(every second Wednesday)

## **Our Health Centre**

3769 Highway 3

Chester NS B0J 1J0

- **Drop-off hours:**

- › 7:30 a.m. to 10:45 a.m. (Thursdays only)

# Notes:

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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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Call 811 or visit: <https://811.novascotia.ca>

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