

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 reuptake inhibitors (SSRIs)
  - › Alpha-blockers
  - › Recreational drugs (like cannabis)
- **3 days** before collecting your urine, you may need to stop taking a number of other medications, including pain, allergy, and cough medications.
- **2 days** before collecting your urine:
  - › Limit caffeine (like coffee, black tea, green tea, cola).
  - › Limit nicotine (like cigarettes, e-cigs, cigars).
  - › Stop drinking alcohol.
  - › Stop eating chocolate, vanilla, bananas, walnuts, avocados, fava beans, and licorice.
- **Do not** start to take your medication(s), eat the foods listed above, or have caffeine, nicotine, or alcohol until you finish collecting your 24-hour urine sample.

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 dates and times** for each urine collection

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

QEII Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main floor, Mackenzie Building

Or drop off your sample at your local lab. Hours and addresses vary. Check [www.nshealth.ca](http://www.nshealth.ca) for more information.

- › Phone: 902-473-2266
- › Email: [DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

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The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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# Urine Catecholamines Collection

## Pathology and Laboratory Medicine Halifax Area

**You must follow the special rules in this pamphlet.**

## Instructions

- Your primary health care provider (family doctor or nurse practitioner) 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.
- Start collection in the morning, with an **empty bladder**.
- 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 bottle to an approved drop-off site **as soon as you finish** the 24-hour collection (visit the link on the back cover for sites).

### DAY 1

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

### DAY 2

- Get up at the same time as on DAY 1.
- Collect your first morning urine and add it to the bottle.
- 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 first bottle)** on the second bottle label and requisition.
- The date and time should match the end date and time on your first bottle.

- Collect **ALL** of your urine in the second bottle that day and night.

### DAY 3

- Get up at the same time as on DAY 2. Collect your first morning urine and add it to the second bottle.
- Write your **end time and date** 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**.

## Special rules

- There are rules for your food and medications during the days before collecting urine for catecholamines.
- **Do not stop taking any medication unless your primary health care provider tells you to.**