

Notes:

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.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Pathology and Laboratory Medicine,
South Shore Regional Hospital
Designed and Managed by: Nova Scotia Health Library Services

QY85-1988 © July 2025 Nova Scotia Health Authority
To be reviewed July 2028 or sooner, if needed.
<https://library.nshealth.ca/patient-education-resources>

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.

Queen's General Hospital

1st 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)

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

1st 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)

- 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 methyl dopa (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 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** of your urine in the 2nd bottle that day and night.

Day 3

1. Get up at the same time as 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 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.