

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

South Shore
Regional Hospital

Samples that are not labelled correctly or do not have a complete requisition form will not be tested.

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

Instructions

- **You must follow the special rules on pages 3 and 4 of this pamphlet.**
- 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).
- Your doctor has given you a form for this test. This form is called your **requisition**.
- 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 doctor, 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.
- Mix the sample after each urine addition.
- Keep the bottle **in the fridge** between collections.
- Bring the bottle to an approved drop-off site **as soon as you finish** the 24-hour collection (see page 5 for sites).

DAY 1	<p>When you get up, use the washroom as usual. Do not collect this sample. This is your start time.</p> <p>Write your full name, the date, your health card number, and the start time on the bottle label and requisition.</p> <p>Collect ALL your urine in the bottle that day and night.</p>
DAY 2	<p>Get up at the same time as on DAY 1.</p> <p>Collect your 1st morning urine and add it to the bottle.</p> <p>Write your end date and end time on the bottle label and requisition.</p>
<p><i>If you need to do a second 24-hour urine collection:</i></p>	
DAY 2 cont.	<p>Write your full name, the date, your health card number, and the start time on the 2nd bottle label and requisition.</p> <p>The date and time should match the end date and time on your 1st bottle.</p> <p>Collect ALL your urine in the 2nd bottle that day and night.</p>
DAY 3	<p>Get up at the same time as on DAY 2.</p> <p>Collect your 1st morning urine and add it to the 2nd bottle.</p> <p>Write your end date and end time on the bottle label and requisition.</p>

Make sure the collection bottle(s) is labelled with your name, date(s) of collection, health card number, and start and end times.

Special rules

There are rules for your food and drugs during the days before collecting urine. **Do not stop any medication without clear direction from your doctor.** Talk about the following with your doctor.

For catecholamines, VMA, and metanephrines:

- 3 days before collecting your urine, stop taking vitamins, supplements, and medications that affect catecholamine. **Do not stop any medication without clear direction from your doctor.**
- At least 5 days before collecting your urine for metanephrines, stop taking methyldopa (Aldomet®). **Do not stop any medication without clear direction from your doctor.**
- 24 hours before collecting your urine, do not have any:
 - › nicotine (such as cigarettes, e-cigs, cigars)
 - › alcohol

- Several days before collecting your urine, do not have any:
 - › coffee, tea, or caffeinated drinks
 - › chocolate or cocoa of any kind
 - › bananas or citrus fruits (like oranges or lemons)
 - › vanilla or vanilla extract

For 5HIAA:

- 3 days before collecting your urine, stop taking all of your medications, if possible. **Do not stop any medication without clear direction from your doctor.**
- 2 days before collecting your urine, stop eating avocados, bananas, tomatoes, plums, eggplant, hickory nuts, pineapple, or mollusks.
- Do not start to take your drugs or medicines, or eat the foods listed above, until you have finished collecting your 24-hour urine sample.

Each **requisition** must have:

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

**Take the sample to one of the following
Nova Scotia Health Authority Laboratory
Services locations:**

South Shore Regional Hospital

Main Floor

90 Glen Allan Drive

Bridgewater NS B4V 2S6

Phone: 902-527-5261

Hours: Monday-Friday, 7-11 a.m.

Registration: Monday-Friday, 6:45-10:45 a.m.

Fisherman's Memorial Hospital

2nd Floor

14 High Street

Lunenburg NS BOJ 2C0

Phone: 902-634-8801

Hours (including Registration): Monday-Friday,

7:30-11:30 a.m.

Queen's General Hospital

1st Floor, 175 School Street

Liverpool NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration): Monday-Friday,

7:30-11:30 a.m.

North Queen's Health Centre

9698 Highway 8

Caledonia NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration): Wednesdays,

7:30-10:45 a.m.

(Continued on back cover)

Our Health Centre

3769 Hwy 3

Chester NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Tuesdays and Thursdays, 7:30-10:45 a.m.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Pathology & Laboratory Medicine,

South Shore Regional Hospital

Designed by: NSHA Library Services

The information in this brochure 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.

QY85-1988 © May 2019 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.