

24 HOUR URINE SPECIMEN SPECIAL PATIENT INSTRUCTIONS:

The following are the suggested medication and dietary restrictions for certain 24 hour urine specimen collections.

BEFORE DISCONTINUING ANY MEDICATIONS PRIOR TO TESTING PLEASE CONSULT WITH THE PHYSICIAN ORDERING THE TESTS.

VMA - It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Drugs which can interfere with testing: clonidine, l-dopa, methocarbamol, monoamine oxidase inhibitors, reserpine, salicylates. Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits and strenuous exercise three days prior to collection.

Catecholamines, fractionated – It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch) and strenuous exercise prior to collection.

5HIA - Drugs which can interfere with testing: acetaminophen, alpha and beta blockers, atenolol, bromocriptine, bronchodilators, clonidine, digoxin, isoniazid, l-dopa, labetalol, methyldopa, monoamine oxidase inhibitors, nitroglycerin, sympathomimetic amines, phenobarbital, phenothiazines, phentolamine, reserpine, tricyclic antidepressants. Patient should avoid food high in indoles; avocados, banana, tomato, plum, walnut, pineapple, and eggplant. Patient should avoid coffee, tea, tobacco (including use of nicotine patch), three days prior to specimen collection.

Arsenic, Cadmium, Heavy Metal Panel – Patient should refrain from eating shellfish, shrimp, crab and lobster and bottom feeders such as flounder at least three days prior to collection.

Mercury, Heavy Metal Panel – Patient should refrain from eating predatory fish such as swordfish, tuna and shark for at least three days prior to specimen collection.

Cortisol – Assay is not recommended when patient is on prednisone/prednisolone therapy.

Metanephrines – It is preferable for the patient to be off medications for three days prior to collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Drugs which can interfere with testing: bromocriptine, bronchodilators, clonidine, digoxin, l-dopa, labetalol, methyldopa, monoamine oxidase inhibitors, nitroglycerin, reserpine, sympathomimetic amines, tricyclic antidepressants. Patient should avoid coffee, tea, tobacco (including use of nicotine patch) three days prior to collection. Medications which are alpha agonists (aldomet), alpha blockers (dibenzylamine) should be avoided 18-24 hours prior to specimen collection.