



PATIENT INSTRUCTIONS

Diet and Drug Restrictions - Urine VMA and Metanephrines

- Carefully follow the written instructions provided for 24 hour urine collection.
- Always use the collection container supplied by the laboratory.

DIET

- Avoid ingesting large amounts of caffeine (coffee, tea, cola) during the collection period. Otherwise no specific dietary restrictions are necessary.

MEDICATIONS

- Some drugs may interfere with the test. Ideally, you should discontinue all medications during the collection period. If this is not possible, take only the medications prescribed by your physician and which are absolutely necessary.

NOTE: The patient **MUST** have physician approval before withdrawing from prescribed medication(s). If medication must be continued, please provide a list of your medications to the laboratory when submitting the specimen.