



Ospedale
di Cremona

Sistema Socio Sanitario



Regione
Lombardia

ASST Cremona

**URINARY CATECHOLAMINES
AND METANEPHRINES VMA and
5HI
COLLECTION METHOD**

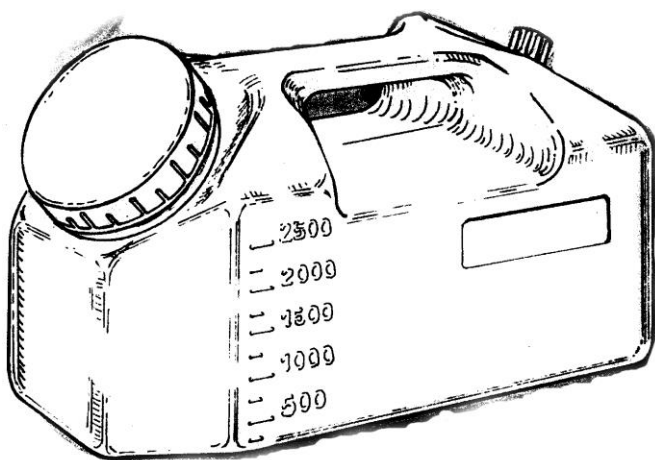
PATIENT PREPARATION:

For the 48 hours prior to and throughout sample collection, stick to a diet without: avocado, bananas, kiwi, dried fruit, coffee, tea, and chocolate. Any medications capable of being discontinued (acetylsalicylic acid, tricyclic antidepressants, caffeine, clonidine, chlorpromazine, diuretics, drugs containing catecholamines, felodipine, furosemide, glyceryl trinitrate, histamine, levodopa, pindolol, and reserpine) should be discussed with the attending physician; otherwise, notify the physician that the medication has been taken.

ACIDIFIED 24-HOUR URINE:

1. Before collection, add 5 ml of 5N HCL (available at the Sample Collection Centre) or 4 tablespoons of commercial muriatic acid, WITHOUT DETERGENT, to **(container 1)**.
2. Urinate in the morning and discard the urine (which should not be included in the sample collection).
3. Then begin collecting 24-hour urine, including the following morning's urine, in a large graduated plastic container **(container 1) for purchase at a pharmacy**.
4. Check the total amount of urine collected.
5. After shaking the collected urine well, remove approximately 10 ml from the container and pour it into a urine test tube **(container 2)** (available free of charge at your chosen collection centre or purchasable at a pharmacy), writing the amount in ml.
6. Plug and deliver the urine test tube to the chosen collection point during opening hours.

SAMPLE COLLECTION POINTS DO NOT ACCEPT LARGE CONTAINERS BUT ONLY URINE TEST TUBES



Container 1



Container 2