

- Certain medications can falsely raise levels of metanephrines.
- If you are taking any of the medications listed below, we suggest that you first consult with your doctor and ask if they can be safely discontinued for 1 week before the test.
 - Tricyclic antidepressants
 - Beta Blockers

MASTER INDEX # PAT-PR- 057

January 14, 2011

Your doctor has requested an analysis of **all the urine you pass during the time period** marked [X]. In order to produce a meaningful laboratory test result, you **must** follow these instructions **exactly**.

- [] 24 hours, for example 8 a.m. today until 8 a.m. tomorrow.
- [] 12 hours, from 7 p.m. today until 7 a.m. tomorrow.
- [] ___ hours, from ___ until ___.
- [] 2 hour collection for D-PYR (Deoxypyridinoline Crosslinks) ONLY: Ensure the collection is completed prior to 10:00 a.m. (i.e. begin the collection by 8 a.m. at the latest).

1. When you start, urinate into the toilet until your bladder is empty. Do **not** save this specimen. Write the **DATE** and **TIME** your bladder was emptied on the collection bottle provided.
This is the **START TIME**.
2. After this, collect each urine specimen into the wide-mouthed container provided and transfer immediately to the collection bottle. Do **not** spill any urine. **Refrigerate or keep the bottle in a cool place.**
3. At the **END** of the timed period indicated above, collect and add the last specimen to the collection bottle. Write the **DATE** and **TIME** on the collection bottle. This is the **END TIME**.
4. Bring the collection bottle to the laboratory as soon as possible, preferably the day the collection is completed.

NOTE: If your doctor has given you different instructions than the above, please follow those instructions.

CAUTION: Handle the collection bottle with care. It may contain a preservative.
Do **not** discard the preservative.
Do **not** urinate directly into the collection bottle.


Please ask for a second collection bottle if you believe that the one provided will not be enough.

If you need an additional collection bottle and cannot obtain one from LifeLabs, we recommend that you:

1. Obtain an unopened 2 L container of bottled water
2. Empty the bottled water
3. Pour in contents of urine collection bottle until full.
4. Continue using provided urine collection bottle as before.
5. Repeat with additional 2 L bottled water container(s) if necessary.

MASTER INDEX # PAT-PR- 015

May 16, 2008

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