



PATIENT INSTRUCTIONS

METANEPHRINES TEST

The following instructions are intended to help you collect the correct specimen for the test your clinician has requested.

This test typically requires a 24-hour urine specimen. Please obtain the Collection of 24-Hour Urine Specimen Patient Instructions for collection of this type of urine. **DO NOT** remove the liquid preservative that is in the container. Note any warnings or instructions which are printed on the outside of the container.

NOTE: It is important that you avoid strenuous exercise prior to collection.

DIET AND MEDICATION RESTRICTIONS FOR METANEPHRINE TESTING:

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

The following foods and medication should be avoided for **three (3) days** prior to the collection of urine, and during the collection of the sample:

Food to Avoid:

- Caffeine: coffee, tea, cocoa, chocolate, caffeinated beverages
- Bananas
- Alcohol
- Tobacco

Medication to Avoid:

Contact your physician for approval before discontinuing any prescription medication. Be sure to discuss all non-prescription medication with your physician.

- Acetaminophen (Tylenol)
- Salicylate (Aspirin)
- Methyldopa (Aldomet)
- Cimetidine
- Labitalol
- Vitamin C

After the specimen is collected, you may resume your normal diet.

Effective: 31-May-10	Doc# 11888	Ver: 1.0	Page 1 of 1
For Inquiries, contact LifeLabs Customer Care Centre 416-675-3637 or 1-877-849-3637 Printed copies are uncontrolled.			