



Clinical Laboratories of Hawaii, LLP  
Pan Pacific Pathologists, Inc.

## PATIENT INSTRUCTIONS

### DIETARY RESTRICTIONS

## Timed Urine for Catecholamines Home Collection

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Dear Patient,

Your doctor has ordered a laboratory test that will require you to observe specific dietary restrictions prior to and during testing. Please follow the instructions on this sheet to ensure accurate results.

#### **BEFORE / DURING THE COLLECTION:**

##### **Dietary Restrictions:**

- For a period of 2-3 days prior to sample collection, as well as during the collection period, your diet should not include: *Alcohol (ethanol), caffeine (coffee, tea, etc.), or tobacco (nicotine).*

##### **Prescription Restrictions/Recommendations:**

- For a period of 2-3 days prior to sample collection, as well as during the collection period, you must not take certain medications that may produce erroneous results.
- Medications which may interfere with catecholamines and metabolites include: *amphetamines and amphetamine-like compounds, appetite suppressants, bromocriptine, buspirone, caffeine, carbidopa-levodopa (Sinemet), clonidine, dexamethasone, diuretics (in doses sufficient to deplete sodium), ethanol, isoproterenol, methyldopa (Aldomet), MAO inhibitors, nicotine, nose drops, propafenone (Rythmol), reserpine, theophylline, tricyclics and vasodilators.*
- Continue to take prescribed medications unless your doctor instructs otherwise. If you have any questions regarding your medications, contact your physician.