



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

PATIENT INSTRUCTIONS

DIETARY RESTRICTIONS

Timed Urine for VMA

Home Collection

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), bananas, caffeine (coffee, tea, etc.), or vanilla.*

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: *Medications which may interfere with catecholamines and their metabolites include amphetamines and amphetamine-like compounds, appetite suppressants, bromocriptine, buspirone, caffeine, chlorpromazine, clonidine, disulfiram, diuretics (in doses sufficient to deplete sodium), epinephrine, glucagon, guanethidine, histamine, hydrazine derivatives, imipramine, levodopa (L-dopa, Sinemet), lithium, MAO inhibitors, melatonin, methyl dopa (Aldomet), morphine, nitroglycerine, nose drops, propafenone (Rythmol), radiographic agents, rauwolfia alkaloids (Reserpine), and vasodilators.*
- Continue to take prescribed medications unless your doctor instructs otherwise. If you have any questions regarding your medications, contact your physician.