



PROCEDURE:	VMA & METANEPHRINES, 24 HOUR URINE
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Medical supplies

- 24 hour urine container, preserv.: 20mL HCL 6N
- Stability :
 - Room temperature: 7 days
 - Refrigerated: 14 days
 - Frozen: 14 days

Preparation

- 1) Drink as much liquid as you normally do, during the 24 hour collection period;
- 2) Always keep the urine container refrigerated during the procedure and until you bring it to the laboratory;
- 3) Discontinue all drugs at least 1 week prior to collection.

Consult your health care provider regarding the need to discontinue drugs that can affect the test and for any questions.

Collection

- 1) Obtain one (1) 24 hour urine container at your doctor's office or at the laboratory.
- 2) Day 1 :
 - First thing in the morning, completely empty your bladder and discard this first morning specimen. This starts the 24 hour period;
 - Indicate the 'exact' time and date on the container (for example 7:10 am, 2009-APR-30);
 - Identify the container :
 - First and last name;
 - If you have the doctor's requisition, write the date and the starting time on the requisition;
 - Collect ALL specimens in the 24 hour urine container for the remainder of the day, evening and night for the entire 24 hour period;
 - After each collection, transfer the urine in the 24 hour urine container with preservative;
 - Gently shake the container after each urine specimen is added;
- 3) Day 2 :
 - Collect the last specimen exactly 24 hours later (in this case at 7:10 am). This is the last specimen to complete your 24 hour collection;
 - Indicate the 'exact' end time on the container and on the doctor's requisition;
 - Replace the cap and tighten it firmly.
- 4) Please indicate the total volume of the 24 urine specimen on the requisition.
- 5) Bring specimens to the laboratory as soon as possible.