

Vanillylmandelic Acid (VMA) 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. Sample should be refrigerated during collection.

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

DIET AND MEDICATION RESTRICTIONS FOR VMA:

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

Foods to Avoid:

- Caffeine-containing foods such as coffee, tea, cocoa, chocolate, caffeinated beverages
- Amine-rich foods such as bananas, avocados, cheese, eggplants, walnuts, fruit juices
- vanilla, licorice

Medication to Avoid:

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

- Any medication that can cause physiological (in vivo) increase or decrease of catecholamines and metabolites should be avoided if clinically feasible before and during collection. Some examples include: Amphetamines, amphetamine-like compounds, appetite suppressants, bromocriptine, buspirone, chlorpromazine, clonidine, disulfiram, sodium-depleting diuretics, epinephrine, glucagon, guenethidine, histamine, hydrazine derivatives, imipramine, levodopa, lithium, MAO inhibitors, melatonin, methyl dopa, morphine, nitroglycerin, nose drops, propafenone, radiographic agents, reserpine, tricyclic anti-depressants and vasodilators.

Smoking, caffeine, and alcohol must also be avoided prior to and during sample collection.

After specimen is collected, you may resume normal diet and medications as per instructions from your physician.