

## 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
- Labetalol
- Vitamin C

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