

## 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.

**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: coffee, tea, cocoa, chocolate, caffeinated beverages
- Amines: bananas, avocados, cheese, walnuts, alcohol, fruit and juices
- Vanilla

#### Medication to Avoid:

There are certain medications that should be avoided before and during collection.

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

- Salicylate (Aspirin)
- Acetaminophen (Tylenol)
- Ajmaline
- Epinephrine
- Glucagon
- Guanethidine
- Histamine
- Levodopa
- Lithium
- Nitroglycerin
- Rauwolfia Alkaloids

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