

Care Gram

24-Hour Urine and Food/Drug Restrictions

Instructions for the Patient

Please follow the specific instructions below for the test you are having, to prepare for your 24-hour urine collection. Also, have your doctor fill in the table below to indicate which medications you should stop taking for your test. If you have any questions, please call your doctor or call the Clinical Lab at (740) 348-4155.

Instructions for the Doctor

Please list the medications that the patient should stop taking for their test. Also state the stop date/time and the start date/time. Refer to the list of recommendations under each test for which medications to stop.

Medication Name	Stop Date/Time	Restart Date/Time

- Arsenic**
Food restrictions – 48 hours before the test, do not eat seafood.
- Catecholamines, Fractionated 24-Hour or Random***
 - Avoid coffee, tea, chocolate, vanilla, or bananas for 72 hours before the test
 - One week before the test, do not use alcohol or nicotine
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – 1 week before the test, if possible, the patient should stop taking these medications: Alpha-Methyldopa (Aldomet), Isoproterenol, Labetalol, Mandelamine, Metoclopramide, Acetaminophen (high concentrations only), Cimetidine, and Catecholamine-containing drugs, MAO inhibitors, diuretics, vasodilators
- Heavy Metals Urine (Arsenic, Lead, or Mercury)**
 - Avoid seafood consumption for 48 hours prior to sample collection



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- Homovanillic Acid**
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – three days before the test, if possible, the patient should stop taking all medications
- Hydroxyindoleacetic Acid, 5 (SHIAA)**
 - Avoid avocados, bananas, eggplant, pineapples, plums, tomatoes, or walnuts for 48 hours before the test
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – 74 hours before the test, if possible, the patient should stop taking all medications, over-the-counter medications and herbal remedies
- Metanephrines, Fractionated***
 - Avoid coffee, tea, chocolate, vanilla, or bananas for 72 hours before the test
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – 1 week before the test, if possible, the patient should stop taking these medications: L-DOPA, Alpha-Methyldopa (Aldomet), Buspirone, Codeine, Isoetharine, Isoproterenol, Mandelamine, Metoclopramide, Acetaminophen (high concentrations only), Labetalol, Catecholamine-containing drugs, MAO inhibitors, diuretics, and vasodilators
- Vanillylmandelic Acid (VMA)***
 - Avoid coffee, tea, chocolate, vanilla, or bananas for 72 hours before the test
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – one week before the test, if possible, the patient should stop taking these medications: L-DOPA, Phenothiazines, Catecholamine-containing drugs, diuretics, and vasodilators
- 17-Hydroxy-Progesterone**
 - Talk to your doctor before stopping any medications
 - Recommendations for the doctor – 48 hours before the test, if possible, the patient should stop taking these medications: Corticosteroid, ACTH, Estrogen, or Gonadotropin medications

*Information from Wallach, Jacques, M.D., *Interpretation of Diagnostic Tests*, 7th Ed., Lippincott Williams and Wilkins, 2000.