

# Care Gram

## 24-hour Urine and Food/Drug Restrictions

Certain food and medication changes must be made before a 24-hour urine test. Please follow your doctor's instructions as written below. Do not make any changes in your medication unless told to do so by your doctor. Some tests require added medication or food changes. Please locate the name of your test on page 2 and follow any added instructions.

### Instructions for the Doctor

- Please complete the instructions on page 3.

Follow these instructions for the medications listed below:

Medication Name	Stop Date/time	Restart Date/time



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • [LMHealth.org](http://LMHealth.org)

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Locate the test you are having below and follow any added instructions.

- Arsenic**
  - Do not eat any seafood for 48 hours prior to the test.
  
- Catecholamines, Fractionated 24-Hour or Random\***
  - Avoid alcohol, coffee, tea and tobacco for 72 hours before collection and up to collection time.
  - Avoid strenuous exercise 8-12 hours before the test.
  
- Heavy Metals Urine (Arsenic, Lead, or Mercury)**
  - Do not eat any seafood for 48 hours prior to the test.
  
- Homovanillic Acid**
  - Avoid alcohol, coffee, tea, tobacco and strenuous exercise for 24 hours prior to collection and up to collection time.
  
- Hydroxyindoleacetic Acid, 5 (5HIAA)**
  - Do not consume avocados, bananas, eggplant, pineapples, plums, tomatoes or walnuts for 48 hours before the test.
  
- Metanephrines, Fractionated\***
  - Avoid coffee, tea or tobacco for 72 hours before collection and up to collection time.
  
- Vanillylmandelic Acid (VMA)\***
  - Avoid alcohol, coffee, tea, tobacco, bananas and citrus fruits 72 hours before collection and up to collection time.
  - Avoid strenuous exercise for 24 hours before collection and up to collection time.

**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 below for which medications to stop.

- Arsenic**
  - No specific medication recommendations
  
- Catecholamines, Fractionated 24-Hour or Random\***
  - 3 days before the test, if possible, the patient should stop taking these medications: Alpha-Methyldopa (Aldomet), Isoproterenol, Labetalol, Mandelamine, Metoclopramide, Acetaminophen (high concentrations only), Cimetidine, Catecholamine-containing drugs, MAO inhibitors, diuretics and vasodilators
  
- Heavy Metals Urine (Arsenic, Lead, or Mercury)**
  - No specific medication recommendations
  
- Homovanillic Acid**
  - Recommendations for the doctor – three days before the test, if possible, the patient should stop taking all medications
  
- Hydroxyindoleacetic Acid, 5 (5HIAA)**
  - No specific recommendations
  
- Metanephrines, Fractionated\***
  - 3 days 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)\***
  - 1 week before the test, if possible, the patient should stop taking these medications: L-DOPA, Phenothiazines, Catecholamine-containing drugs, diuretics and vasodilators

\*Information from Wallach, Jacques, M.D., [Interpretation of Diagnostic Tests](#), 7<sup>th</sup> Ed., Lippincott Williams and Wilkins, 2000.