



24-hour urine catecholamines/ metanephrines/VMA

The following must be avoided for 24 hours prior to, and during, the collection period:

- coffee
- tea
- bananas
- citrus fruits
- chocolate
- cocoa
- vanilla
- caffeine
- alcohol
- nicotine
- strenuous exercise

Paediatrics: Suitable for use in paediatrics when combined with an age-appropriate diet.

This diet is used in the investigation of hypertension and aims to avoid foods high in catecholamines.

The diet is required 24 hours prior to the commencement of the urine collection and during the 24-hour urine testing period.

Please advise the pathology collector of any medication that you are currently taking.