



**Laboratory Medicine Department**  
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**PROCEDURE FOR COLLECTING A 24-HOUR URINE SAMPLE FOR  
VANILLYLMANDELIC ACID, CATECHOLAMINE AND 5-  
HYDROXYINDOLEACETIC ACID TESTS**

**CONTAINER** - Collect the container and the stabilizer from the Sampling Point.

On the morning of the day on which you start to collect urine, pour the stabilizer in the test tube into the container, empty your bladder at the normal time without collecting the urine (for example, at 7:00) and, from then on, collect all the urine passed during the day and night, including the first morning urine of the following day.(for example, at 7.00).

Do not pass urine directly into the container provided, but into another container and then pour the urine into the container with the stabilizer, taking care not to spill any of it.

It is important not to spill any of the urine passed.

Always close the container firmly and keep it in the dark in a cool place (e.g.in a refrigerator) during the day.

**HAZARD INDICATIONS**

The test tube provided with the container contains 6N hydrochloric acid, which causes burns on the skin and serious eye damage. Keep out of the reach of children

In case of:

- accidental ingestion: contact the nearest First Aid department;
- contact with the skin: wash with plenty of water;
- contact with the eyes: wash with plenty of water for at least 15 minutes and contact the nearest First Aid department.

**IMPORTANT:**

These tests require special preparation. Before discontinuing any medicinal product, consult your general practitioner. Respect the following recommendations;

- Catecholamines: Avoid stress. Some medicinal products (reserpine, methyl dopa, levodopa, MAO inhibitors, and sympathomimetic amines) must be discontinued 2 weeks before collecting the sample. Nasal drops, bronchodilators, cough mixtures, beta-2 agonists, appetite suppressants and antagonists, alpha and beta blockers, ACE inhibitors and mandelamine may interfere with the analysis. Products containing caffeine should be avoided before and during collection of the sample.
- 5-hydroxyindoleacetic acid: during the 48 hours leading up to the start and throughout the duration of urine collection, the diet must be free of the following foods: pineapple, avocado, bananas, kiwi, blackberries, plums, aubergines, tomatoes, nuts, coffee, tea, chocolate.
- Vanillylmandelic acid: Avoid taking salicylates, caffeine, phenothiazine, anti-hypertensives, tea, chocolate, fruit (especially bananas) and foods containing vanilla in the 72 hours leading up to the collection of the sample.