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Patient Instructions

24 Hour Urine Test for Catecholamines, Metanephrines, and/or Vanillylmandelic acid (VMA)

There are special dietary restrictions and some pills you should avoid while you collect your urine test. Taking these medications or food will interfere with the test.

Avoid all of the following for 72 hours prior to and during the collection:

- No caffeine (coffee, tea, chocolate, cola), bananas, vanilla, and vitamin B12 supplements.
- No caffeine, bananas, vanilla, and vitamin B12 pills.
- No vigorous exercise.

Avoid all of the following medications for one week prior to and during the collection. If you are already taking one of these medications, check with your doctor to be sure it is okay to stop taking them for this test:

- MAOI inhibitors (isocarboxazid/marplan or phenelzine/nardil)
- Methenamine mandelate (Mandelamine)
- Alpha methyl dopa (Aldomet)
- Apresoline (Hydralazine)
- Levodopa
- All aspirin and aspirin containing products
- Theophylline
- Blood pressure medications