



**Covenant Health  
Laboratory Policy**

**FACILITY:** *Covenant Medical  
Center/Covenant Children's Hospital*

**DEPARTMENT:** *Laboratory*

**SECTION:** *General Laboratory*

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**TITLE:**  
***Instructions for Collection of 24 Hour Urine for VMA, Catecholamines, Metanephrines,  
5HIAA***

**INSTRUCTIONS FOR COLLECTION OF 24 HOUR URINE FOR  
VMA, CATECHOLAMINES, METANEPHRINES, 5HIAA**

1. *For proper evaluation of test on a 24 hour sample of urine, it is important that a complete and accurate collection is made.*
2. *When collecting a 24 hour specimen for these tests, the following foods must be avoided for 3 days prior to the beginning of the specimen collection:*
  - Nuts*
  - Caffeine*
  - Chocolate*
  - Bananas*
  - Alcohol*
  - Vanilla*
3. *Drink at least two quarts of liquid during the collection period.*
4. *Empty your bladder when you get up in the morning. Write in the following information:*

\_\_\_\_\_ AM, \_\_\_\_\_  
(time voided) (date)

5. *Discard this urine.*
6. *From this time on, collect in a clean bottle all urine you pass during the next 24 hour period.*
7. *Make your final collection when you empty your bladder the next morning at approximately the same hour. Write in the following information:*

\_\_\_\_\_ AM, \_\_\_\_\_  
(time voided) (date)

8. *Keep the collected urine refrigerated and bring it to the lab as soon as possible after the collection is complete.*
9. *Labeling—Be sure to pre-label 24 hour urine containers with Patient's Last Name, First Name, and DOB before they take them home to begin collection.*