



## Collection of 24 Hour Urine Sample for Urinary Metanephrines

### Patient Information Sheet

*You may find it convenient to collect the urine over non-working days to avoid having to take the container to work with you.*

If you require additional specimen containers please contact the Laboratory Service Centre on **020 7307 7373** or **LSC@tdlpathology.com** and they will be able to assist you. Please return the sample with the request form. Read through all of the instructions below before taking your sample.

- 1 Do not collect the first urine sample of the day. For example, go to the toilet as normal.
- 2 Collect the second urination of the day and all urine samples for the next 24 hours in the container provided. For example: from **08:00AM** to **08:00AM** the next day.
- 3 Please label the container with the following: Patient name, DOB, Date of sample, Sex, Date and time of collection and Volume.
- 4 Store container in a cool place, preferably a refrigerator.
- 5 Keep the container upright during collection.
- 6 The collection container will contain **ACID**. **Do not discard the fluid. Avoid contact with skin and eyes.** Do not pass urine directly into the container, use a separate container and transfer immediately afterwards. In the event of spillage, dilute contact areas with copious amounts of water.
- 7 Place the container in the specimen bag provided.
- 8 Please return the sample with the request form to the Laboratory.

### IMPORTANT NOTICE

For 2 days prior to (and during) the collection you must avoid the following foods:

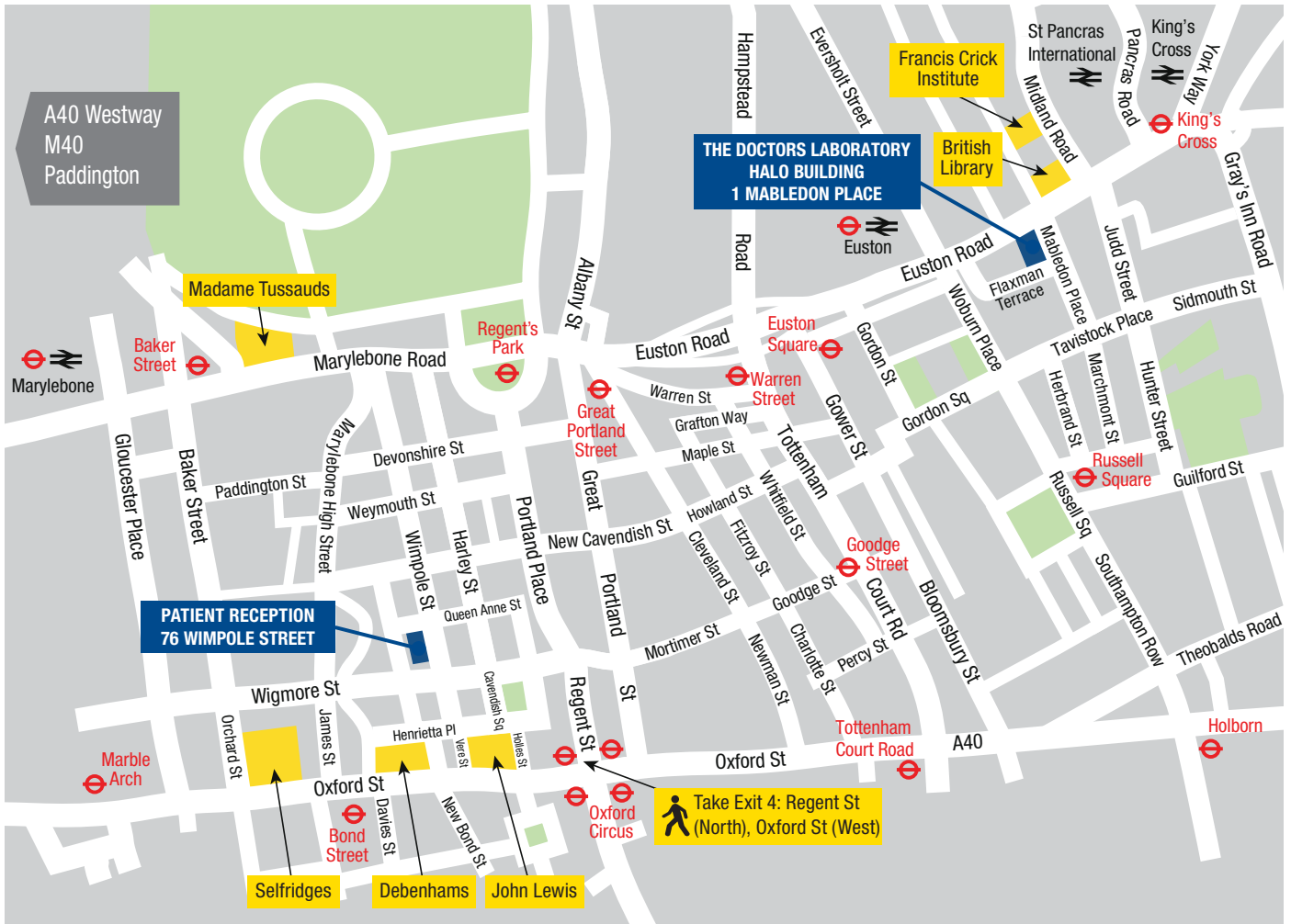
- Bananas • Chocolate • Pineapple • Plums • Avocado • Nuts
- Kiwi Fruit • Tomatoes • Caffeine

For 48h hours prior to (and during) the collection you must abstain from the following medications:

- Muscle relaxants • Acetaminophen • Fluorouracil • Iodine solutions
- Antidepressants • Isoniazid • Phenothiazine drugs

Please consult your doctor before withholding regular medication. If you take any other medication please give the phlebotomist/receptionist/laboratory full details when you return your sample.

**MUST BE COLLECTED ON ACID**



**THE DOCTORS  
LABORATORY**

### **PATIENT RECEPTION**

76 Wimpole Street, London W1G 9RT  
 Telephone: 020 7307 7383  
 Patient Reception Fax: 020 7307 7371  
 Email: [patientreception@tdlpathology.com](mailto:patientreception@tdlpathology.com)

### **OPENING TIMES**

Monday to Friday 7.00am – 7.00pm  
 Saturday 9.00am – 5.00pm

### **OUT OF HOURS SAMPLES**

Out of hours samples can be dropped off at  
 Patient Reception, 76 Wimpole Street  
 London W1G 9RT

Or at the main laboratory:  
 The Halo Building, 1 Mabledon Place  
 London WC1H 9AX