

BLOOD AND/OR 24-HOURS URINE CATECHOLAMINES AND METANEPHRINES

Dear patient,

In order to ensure a reliable result, please follow the instructions below:

- Fasting is not required for this test, but there are food restrictions.
- For urine samples, follow the instructions in the information leaflet for 24-hour urine collection.
- It is necessary that the container is refrigerated (Do not freeze).
- Avoid drinking carbonated drinks, coffee (even if it is decaffeinated), tea, chocolate, vanilla, cheese, bananas, oranges or other citrus fruits, 72 hours before the test.
- For the blood sample, you must remain at rest for 30 minutes before the sample collection, without having been recently exposed to contrast agents for diagnostic imaging, and without having received any of the medications described below, 8 days before the test:

(Please ask your doctor)

- *Alpha-Agonists*
- *Antidepressants*
- *Antihistamines*
- *Antipsychotics*
- *Calcium channel blockers*
- *Beta-Blockers*
- *Alpha-Blockers*
- *Catecholamines*
- *Diuretics*
- *Stimulants*
- *MAO inhibitors*
- *Dopamine Agonists or Precursors*
- *Sympathomimetics*
- *Vasodilators*
- *Dopamine*

- Alcohol intake, smoking, stress and exercise may affect test results. Avoid intake 72 hours prior to taking/collecting the sample.
- Ask your doctor in order to receive authorization for interrupting any medication.
- ***Note: These instructions must be delivered to the patient along with 24-hour urine containers***
- If you have any questions, please call us at phone number 331 90 90 (Ext. 4154 - 3152)
- Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their treating physician recommendations.