

# URINE COLLECTION FOR METANEPHRINES

You have been asked to collect your urine for 24 hours to check the levels of metanephrines, which are produced when your body breaks down adrenaline.

Instructions:

1. **Do not do the urine collection if you have an acute illness (e.g. an infection), as this will cause increased hormone results.**
2. Go to the lab with the requisition slip (I give you) to pick up the jug to collect your urine (the jug may or may not have a preservative in it)
3. Pick a day when you will do the test – usually when you do not need to go out or go to work, because you will need to collect your urine in the jug for the entire day
4. Let's say you decide to do the test on Tuesday. When you wake up in the morning on Tuesday, **do not collect your first urine in the jug.** Instead, pee in the toilet, and discard (flush) this urine.
5. Then, for the remainder of the day (Tuesday for example), **collect all of your urine in the jug.**
6. Keep the jug with urine in the fridge.
7. Overnight, if you need to get up to pee, you should collect this in the jug as well.
8. When you wake up the next morning (Wednesday for example), **collect the urine from your first pee in the jug.** You are then done the test.
9. Drop the jug off at the lab as soon as you can.

In addition, it is important that you **do not drink more than 2 litres (8 cups) of fluid** on the day that you collect your urine.

Please avoid the following on the day of the test and for **3 days (72 hours)** prior to doing the test:

- Alcohol
- Caffeine (coffee, tea, pop/soda, chocolate, energy drinks)
- Bananas, pineapples, all types of nuts, potatoes, beans, tomatoes, fruit juices, hard cheese
- Nicotine (cigarettes or other sources)
- Marijuana
- Cyclobenzaprine, found in muscle relaxants (such as Flexeril)
- Cold or flu medications, cough syrups
- Acetaminophen, found in Tylenol or other pain killers or cold/flu medications
- Ephedrine, pseudoephedrine, or phenylephrine, often found in cold/flu medications (such as Sudafed) or antihistamine medications (such as Benadryl)
- Extreme exercise
- Hypoglycemia (if you have diabetes)

Here is an example of urine collection:

means collect this urine in the jug

	first pee in the morning	second pee	third pee	fourth pee, etc	overnight
Tuesday	discard	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wednesday	<input checked="" type="checkbox"/>	discard			