

## Diet/Drug Restrictions Prior to 24 Hour Urine Collection

Test	Restriction
Aluminum	<ul style="list-style-type: none"> <li>Avoid fruit and juices and teas for 24 hours prior to collection.</li> <li>Antacids containing aluminum can greatly elevate urine aluminum output.</li> <li>Avoid mineral supplements for 5 days prior to collection.</li> </ul>
Arsenic	<ul style="list-style-type: none"> <li>Avoid seafood consumption for 5 days prior to collection.</li> </ul>
Copper	<ul style="list-style-type: none"> <li>Avoid mineral supplements for 5 days prior to collection.</li> </ul>
5HIAA	<ul style="list-style-type: none"> <li>Patient must have diet free of avocados, bananas, tomatoes, plums, eggplant, hickory nuts, walnuts, pineapple and mollusks for 2 days prior to and during the collection.</li> <li>If advised by a physician, the patient should be off all drugs for 3 days.</li> </ul>
Catecholamines	<ul style="list-style-type: none"> <li>Restrict caffeine, nicotine and alcohol for 24 hours prior to collection.</li> <li>Discontinue Methyldopa (Aldomet) at least 5 days prior to collection. Other drugs do not usually interfere.</li> </ul>
Manganese	<ul style="list-style-type: none"> <li>Avoid mineral supplements 5 days prior to collection.</li> </ul>
Mercury	<ul style="list-style-type: none"> <li>Avoid seafood consumption for 5 days prior to collection.</li> </ul>
Metanephrine	<ul style="list-style-type: none"> <li>Restrict caffeine, nicotine and alcohol 24 hours prior to collection.</li> <li>Discontinue Methyldopa (Aldomet) at least 5 days prior to collection. Other drugs do not usually interfere.</li> </ul>
Oxalate	<ul style="list-style-type: none"> <li>Restrict vitamin C (foods or supplements) for 48 hours prior to and during collection.</li> </ul>
Serotonin	<ul style="list-style-type: none"> <li>Patient must abstain from avocados, bananas, tomatoes, plums, eggplant, hickory nuts, walnuts, pineapple, coffee and mollusks.</li> <li>Patient should discontinue following medications for 48 hours prior to and during collection: aspirin, corticotropins, MAO inhibitors, phenacetin, catecholamines, reserpine and nicotine.</li> </ul>
VMA (Vanillylmandelic Acid)	<ul style="list-style-type: none"> <li>Restrict caffeine, nicotine and alcohol 24 hours prior to collection.</li> <li>Discontinue Methyldopa (Aldomet) at least 5 days prior to collection. Other drugs do not usually interfere.</li> </ul>
Zinc	<ul style="list-style-type: none"> <li>Avoid mineral supplements for 5 days prior to collection.</li> </ul>

**CONSULT DOCTOR BEFORE DISCONTINUING MEDICATION**