

Metanephrines and normetanephrines (dU-MetNor)

In order for the test to succeed, it is important that you follow the diet given and the instructions of the attending physician on taking medications. Always discuss with your attending physician if you think there is a need to stop your medication before the sample collection.

Instructions for a physician/nurse: _____

Preparation

You may not drink coffee (caffeine-containing beverages), energy drinks or tea, nor may you eat bananas, cheese, vanilla, nuts, avocado, citrus fruits, cocoa or chocolate, or foods containing these for three (3) days before starting collection and during collection. Consumption of alcoholic beverages and smoking or use of nicotine products (chewing gum) should also be avoided. If you have not followed these instructions, please inform the person taking your sample about it.

NOTE! Hydrochloric acid is a corrosive substance. Keep out of the reach of children and handle with care. If acid gets into the system or the eyes, see the instruction "Action in case of accident".

Your nearest HUS laboratory will provide you with sampling equipment: collection container, plastic mug (5 dl), preservation agent (hydrochloric acid) 2x 5 ml.

Urine collection

1. Empty your bladder on the morning of the collection date, e.g. at 7:15 am. THIS URINE IS NOT COLLECTED, but write the start time down.

Date _____ Time _____

2. THE COLLECTION BEGINS FROM THIS TIME. After this, collect all urine passed during the next 24 hours in the collection container. If necessary, use the plastic mug to collect the urine and transfer it to the collection container. Take care not to lose any urine in connection with defecation. No excrement or paper must enter the collection container. If one collection container is insufficient, contact the laboratory.
3. After collecting the first batch of urine, add 5 ml (half) of the preservation agent into the collection container and the remainder at the end of the collection. If you only excrete a very small amount (less than 1 dl) during the collection, do not add the second batch of preservation agent. Continue, if necessary, in another collection container.

4. Empty your bladder into the collection container for the last time exactly 24 hours after beginning the collection. Write the time down.

Date _____ Time _____

5. NOTE! Store the collection container at refrigerator temperature until you take the sample to the laboratory. The urine must not freeze.

After collection

Affix to the collection container a label marked with your name, personal identity code and the start and end times of the collection. The laboratory will not examine samples lacking the aforementioned information. Return your urine sample to the laboratory as soon as possible, however, no later than on the next working day. If you have deviated from the instructions, tell the person who accepts your sample.

If you have any questions about collection, please call the customer service number on +358 9 471 86800 Mon–Fri, from 7.30 am to 3.30 pm. Please note that test results are not given over the telephone. You can obtain the results from your physician or your healthcare unit.