

# Instructions for VMA 24 Hour Urine Collection

## Pathology Patient Information

### Why is this test being performed?

This test measures the amount of vanillylmandelic acid (VMA) that is excreted into the urine, typically over a 24-hour period.

In preparation, please avoid any food containing vanilla prior to the test as this will interfere with the results and we may need to repeat the test. Foods you should avoid include any ice cream, banana, walnut or chocolate products which may have traces of vanilla

### Instructions

**Please tell us if you are on any medication, especially Aspirin and Aldomet as the doctor will interpret the test results with this in mind.**

### Collecting your sample

1. Decide what time you want to start the collection. Most people start from early morning. The collection of urine will start from this time and continue for the next 24 hours. During this time collect ALL the

urine you pass into the bottle(s) provided, **but only include one early morning sample**. On the day you start the collection, pass urine into the toilet and not into the bottle. The collection of urine will start from this time.

2. From now until the same time the following morning, any urine you pass must go into the collection bottle. The last time you pass water into the bottle should not vary by more than 5 to 10 minutes from the time of starting the collection e.g. if you started the collection at 8am, the time you pass the last urine specimen should be no later than 8.10am the next day. This is the end of the collection.
3. If, for any reason, you do not collect all samples of urine passed in the 24 hour period you must start the entire 24-hour collection process again. You should discard any urine already collected and start the 24 urine collection again the following day. You can use the same collection bottle after emptying it.

continued overleaf

## **Bringing your sample to the hospital**

Please bring your sample in to the laboratory by 9.30am when the collection has been completed.

Please ensure that the sample is:

- fully labelled with full name, date of birth, start and finish time and date.
- that the container is securely fastened and in the carrier bag provided.

If there is a leakage in transit, then on arrival to the hospital, let the member of staff know that the specimen has leaked. The member of staff will dispose of the specimen appropriately. Whilst this is very rare, leaking samples cannot be tested safely, so you will be required to produce another sample.

## **Warning**

You may be given a bottle containing a preservative required for correct testing. This may be a very dilute acid. It is important to avoid contact with your skin or clothes as it may cause slight irritation. In the event that the preservative does come into contact with your skin or clothes, wash the affected area immediately with running water.

## **Patient Confidentiality**

In order to maintain patient confidentiality, The Pathology Laboratory cannot issue results directly to patients or to their relatives, either in person, by telephone or via email. Patients must obtain their results directly from their consultant.

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