

CENTEGRA CLINICAL LABORATORIES
McHenry/Woodstock, Illinois

PATIENT INSTRUCTIONS

Test:

VMA (Vinylmandelic Acid)

Use this Container:

24 Hour Urine Container
(provided by the laboratory)

DIETARY RESTRICTIONS:

1. If possible, discontinue all drugs at least 1 week prior to collection.
Medications that can interfere with the assay include:
L-DOPA, Alpha-methyldopa (Aldomet), Phenothiazines, Catecholamine-containing drugs, Diuretics and Vasodilators.
2. Avoid the following foods 4 hours prior to and during collection: Bananas, Caffeine, Chocolate, Tea, Syrups and vanilla.
3. Consult with your physician before discontinuing any medications.

COLLECTION PROCEDURE:

1. Follow direction for **24 Hour Urine Collection**
2. Refrigerate during and after collection.
3. Deliver to the laboratory within 24 hours after collection.