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 Vasodialators.
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.