

24-hour Urine Collection for Catecholamines

This test measures the level of catecholamines in your urine to help diagnose a tumor in the adrenal glands (pheochromocytoma).

Instructions

- **All urine during the 24-hour period must be collected or the results may be inaccurate.** It does not matter how much or little urine is passed each time, as long as every drop is collected.
- When you wake up in the morning, empty your bladder and flush it down the toilet. Write down the exact time (example: 6:15 a.m.).
- You are now ready to begin the test and collect urine.
- Collect every drop of urine during the day and night in an empty collection bottle. Store the bottle at room temperature or in the refrigerator.
- If you need to have a bowel movement, any urine passed with the bowel movement should be collected. Try not to include feces with the urine collection. If feces do get mixed in, do not try to remove the feces from the urine collection bottle.
- Finish by collecting the first urine passed the next morning and adding it to the collection bottle. This should be within 10 minutes before or after the time you began the test on day 1. In our example, the test began at 6:15 a.m. on day 1, so you would collect your first morning urine between 6:05a.m. and 6:25a.m. on the second day.
- Write down the exact time of the final collection, even if it is not the same time as when collection began on day 1.

Note: If you need to urinate 1 hour before the final collection time, drink a full glass of water so that you can void again at the appropriate time. If you need to urinate 20 minutes before, try to hold the urine until the proper time.

Storage

The bottle(s) may be kept at room temperature for 1-2 days but should be kept cool or refrigerated for longer periods of time.

What to Avoid

Avoid the following for 48 hours before starting collection and during collection because they can affect test results:

- x bananas, citrus fruits like oranges
- x beer and wine
- x chocolate, cocoa
- x cigarette and cigar smoking
- x fermented foods: sauerkraut, cheese, kombucha, miso, kimchi, salami, sour dough bread, probiotic yogurt, kefir
- x foods containing caffeine such as coffee, tea, energy drinks, etc.
- x licorice
- x potatoes, tomatoes, beans, fava beans, nuts
- x processed meat products: sausage, hot dogs, ham, cured bacon, corned beef, beef jerky, canned meats, salami
- x vanilla, including foods and beverages that contain vanilla

Some drugs can also affect the test results and should be avoided for about 3-4 weeks before the test. **Always ask your doctor before you stop any medication(s).**

- acetaminophen/Tylenol®
- antidepressant: quetiapine/Seroquel®
- antihypertensive drugs: methyldopa, phenoxybenzamine/Dibenzylamine®, atenolol/Tenormin®, metoprolol/Lopressor®, propranolol/Inderal®
- antiparkinsonian drugs: levodopa/Rytary®, Duopa®, Sinemet®
- cold medications containing pseudoephedrine (Advil Cold & Sinus®, Claritin®, Triaminic®, Sudafed®, Mucinex®, etc. Check label or ask pharmacist)
- MAO inhibitors: tranylcypromine, phenelzine, selegiline
- Serotonin Norepinephrine Reuptake Inhibitors (SNRIs): venlafaxine/Effexor®, duloxetine/Cymbalta®, fluoxetine/Prozac®, Sertraline/Zoloft®, citalopram/Celexa®, escitalopram/Lexapro®, bupropion/Wellbutrin®
- sympathomimetic drugs: amphetamines, methylphenidate/Ritalin®/Concerta®, cocaine, phentermine
- tricyclic antidepressants: amitriptyline/Elavil®, nortriptyline/Pamelor®, doxepin/Silenor®, imipramine/Tofranil®