

## URINARY CATECHOLAMINES AND / OR VANILLYLMANDELIC ACID

### INSTRUCTIONS FOR COLLECTION OF SAMPLES

- In the 72 hs. prior to the study, you should not include in your diet: coffee, tea, desserts or cookies containing vanilla, bananas or chocolate, tomato, citrus, aspirins or similar, syrups, candy or bubblegum.
  - Collect 24-hour urine. During the third day, keeping the regime indicated above.
  - Carry the entire 24-hour urine to the laboratory between the hours of 7:30 a.m. to 11:00 p.m.
  - The urine should be kept in a cool place.

Important:

The sample bottle or container should be clean.