

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual\Patient Instructions\	
	Title: Collecting a HVA and VMA Random Urine Specimen	Number: 14045
		Version: 3.0
	Effective Date: 3/4/2021	Status: Current

How to Collect a HVA and VMA Random Urine Specimen

Please read all this material **before** you start your urine collection.

Samples not labelled correctly and/or do not have a complete requisition will not be processed. To ensure correct test results, follow instructions carefully.

Before Collecting the Random Urine Specimen:

- Certain foods and medications can interfere with the test. The following diet and medication restrictions must be followed for **72 hours before and during all of the urine collection.**

Avoid all of the following foods and compounds.

<i>Coffee (caffeine)</i>	<i>Chocolate</i>	<i>Tea</i>
<i>Nicotine (smoking)</i>	<i>Cola drink</i>	<i>Tomato and tomato-based products</i>
<i>Banana</i>	<i>Vanilla</i>	

Avoid all of the following over-the-counter medications.

ASA (e.g. Aspirin)

Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.

<i>Levodopa (L-dopa)</i>	<i>Methyldopa</i>	<i>Bactrim</i>
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How to collect the samples:

- Collect the random urine in the clean sterile container provided to you.
- Bring the sample to your local laboratory within 3 hours of collection