

DIET REQUIRED FOR 24-HOUR VMA URINE TEST

Procedure no.: BIO-IPA-007

Version: 004

Status: Active

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1.0 General instructions

- 1.1 For analysis of vanillylmandelic acid (VMA), a specific diet must be followed in order to ensure reliable results. Failure to respect the diet will compromise the validity of your results.
- 1.2 You must not consume the foods listed in the restrictive diet below for the two days preceding and during the sample collection.

2.0 Restrictive diet

2.1 Foods that must not be consumed:

- Chocolate, cocoa
- Coffee, tea
- Cola (Pepsi, Coke)
- Bananas
- Citrus and citrus juice
- Tomatoes
- Foods containing vanilla

3.0 Follow the 24-hour urine collection procedure that we gave you.

Important:

- 3.1 For the VMA dose, the container we provide you with contains a small quantity of preservative liquid that is potentially hazardous. Do not touch this liquid, avoid splashing and keep out of the reach of children.
- 3.2 Never urinate directly into the container. Use a clean container and then gently pour all the urine into the collection container.
- 3.3 In the event that you come into contact with the preservative, rinse well with large amounts of tap water and, if necessary, contact a doctor.
- 3.4 Keep the urine container in the refrigerator during the collection period.

4.0 For more information:

Contact the laboratory reception at: 450-759-8222, ext. 2606

2014-10-07 Dr. Westerlund, MD Biochemist|2016-05-30 ND