Patient instructions for Collecting a 24 hour urine sample for HMMA (VMA) Catecholamines, Metadrenalins and 5HIAA

*Caution*

The collection container contains a small quantity of strong acid (6 molar Hydrochloric acid), which is used as a preservative – please do not discard. This is caustic, please handle with care. DO NOT urinate directly into the container, if a spillage occurs, wash with large quantities of water immediately (2-3 litres). If burning sensation or redness remains, attend Accident & Emergency.

Instructions
All urine is to be saved for 24 hours, the collection commencing after the bladder has been emptied.

On waking, empty bladder and discard this specimen.

The collection now starts

1. All urine passed for the next 24 hours including the 07.00 hr specimen the following morning is collected and saved in the container provided. Do not pass urine directly into the bottle to prevent any splashes of the acid preservative from the bottle onto you or your clothes, as this may cause harm. Collect the urine into a clean dry receptacle and transfer the urine into the acid containing bottle using the supplied mini-jug after every urination.

2. Complete the name label of the sample with your Name, Hospital or NHS number if available, date of birth and the date and time the collection started. Failure to do so will result in the sample being discarded and a repeat collection being required.

3. Bring the sample to the Pathology office (on the first floor of the new Pathology building) Bedford Hospital, South Wing with the request card.

4. Hand the sample and card to the receptionist who will confirm whether a blood test is also required.