



Medihealth Pathology

Helping you with Health

## PATIENT INSTRUCTION – 24-HOUR URINE CATECHOLAMINES / METANEPHRINES / VMA

**Note: This is a test diet used in the investigation of hypertension.**

**This diet aims to avoid foods high in catecholamines.**

**The diet is usually required 24 hours prior to commencement of the urine collection and during the 24-hour urine sample. Please note what medications are being taken. The following foodstuffs (see overleaf) must be avoided for 24 hours prior to, and during, the collection period.**

### PROCEDURE

**Characteristics:**

Avoids coffee, tea, bananas, chocolate, cocoa and vanilla.

**Nutrition diagnosis:**

NI-4.2 Excessive bioactive substance intake. Nutritional adequacy: Nutritionally adequate.

**Paediatrics:**

Suitable for use in paediatrics when combined with an age-appropriate diet.

## GUIDELINES FOR FOODS ALLOW AND NOT ALLOWED

FOODS	FOODS ALLOWED	FOODS NOT ALLOWED
Hot main dishes	All excepted	
Sauce/ gravies	All expected	
Starchy vegetables/pasta/rice	All expected	
Vegetables	All excepted	
Soups	All excepted	
Sandwiches	All excepted	
Salads / Dressing	All expected	
Breads/ Cereals		Coco Pops
Spreads	All excepted	Nutella and chocolate spreads
Hot Breakfast Choices	All excepted	
Fruit	All excepted	Bananas
Yoghurt	All excepted	Bananas – coffee- vanilla or chocolate flavoured yoghurt
Desserts	All excepted	Bananas – coffee- vanilla or chocolate flavoured dessert
Milk and cheese	All	Bananas – coffee- vanilla or chocolate flavoured Milk
Beverage	All excepted	Tea, Coffee , Cocoa
Biscuits	All excepted	Chocolate Biscuits
Miscellaneous		Vanilla