

24h Urine Collection for Metanephrines

Biochemistry



**Berkshire and Surrey
Pathology Services**

Your doctor has requested that you provide a urine sample for measurement of substances called “metanephrines”. These are hormones which are produced by the adrenal gland and act to control blood pressure, and are also called “metadrenalines”.

Please avoid the following on the days you are collecting the sample and for the 24 hours before you start the collection, as they can raise the levels of these hormones in your urine, giving a false result:

Vigorous exercise

Excess nicotine (smoking, nicotine patches, vaping, electronic cigarettes)

Coffee and caffeinated drinks

Bananas, pineapples, fruits, nuts, beans and tomatoes

Please check the request form that your doctor has given you. All the medications that you are taking need to be recorded on the form, so please add any that have been missed in the box that says “Clinical details”, or in a blank space on the form.

We have prepared an information leaflet that gives instructions on collecting your 24 hour urine sample. It can be downloaded from our website:

www.berkshireandsurreypathologyservices.nhs.uk/patient-guidelines/

If you would like to learn more about this test, or any other test that your doctor has ordered, you can visit LabTestsOnLine, which is a free resource created and updated by laboratory professionals for patients:

<http://www.labtestsonline.org.uk/>

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Please contact (PALS) the Patient Advice
and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

**Wexham Park &
Heatherwood Hospitals**

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