

Patient information sheet – 24-hour Urinary VMA

You may find it convenient to collect the urine over a weekend to avoid having to take the container to work with you.

Please return the sample with the Request Form. Read through all of the instructions below before taking your sample.

1. Do not collect the first urine sample of the day. For example, go to the toilet as normal.
2. Collect the second urination of the day and all urine samples for the next 24 hours in the container provided. For example: from 08:00AM to 08:00AM the next day.
3. Please label the container with the following: Patient name, DOB, Date of sample, Sex, Date and time of collection and Volume.
4. Store container in a cool place, preferably a refrigerator.
5. Keep the container upright during collection.
6. Place the container in the specimen bag provided.
7. Please return the sample and the request form to the Laboratory. If you are on any medication, please give the Phlebotomist/Receptionist/Laboratory full details when you return your sample.

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