

Collecting Urine for Homovanillic and Vanillylmandelic Acid (HVA and VMA)

How to prepare	For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the recollection or ordering of more or unnecessary tests.
Risks or Cautions	<p>Talk to your doctor about the medication you are taking. Your doctor may tell you to stop taking some of your medication. The following medications may interfere with the results of this test:</p> <ul style="list-style-type: none"> • Acetaminophen • ASA (Salicylate) • Buspirone • Cimetidine • Codeine • Isoproterenol • Labetalol • L-dopa • Mandelamine • MAO inhibitors • Metoclopramide • Methyldopa • Oxycodone
What you CANNOT eat or drink	<p>DO NOT EAT OR DRINK any of the following foods and beverages for 3 days before and during the collection of the urine sample:</p> <ul style="list-style-type: none"> • Bananas • Chocolate • Peppers • Vanilla • Caffeinated beverages
Collecting the Sample	<ul style="list-style-type: none"> • Collect 5 -10 mL of random urine in the provided sterile container. • For infant urine, refer to instructions given to you <i>Urine Sample Collection – Infants MI6010</i>. Minimum acceptable volume for infants is 1 mL.
Labelling the Sample	<p>Label the collection container with:</p> <ul style="list-style-type: none"> • Your (the patient) full first and last name, date and time of collection, and your Alberta personal health number (found on your Alberta health care card, and may be called your PHN or ULI number). • Patient label, if provided.
Lab Requisition	<ul style="list-style-type: none"> • Print the date and time the sample was collected on your laboratory requisition. • Fold and place the requisition in the outside pocket of the specimen bag. • Do not put the requisition in the bag with the sample collection container.
Sample Delivery to Lab	<ul style="list-style-type: none"> • Take your sample to your local laboratory within 3 hours of collection. • If you are not able to deliver the sample to the laboratory within 3 hours of collection, freeze the sample and deliver to the laboratory frozen. Do not allow the specimen to thaw in transport.

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.