



Collection of 24 hour urine sample for Urinary VMA

Patient Information Sheet

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

If you require further specimen containers please email **LSC@tdlpathology.com** or call **020 7307 7373** who will be able to assist you. Please return the sample with the Request Form. Read through all of the instructions below before taking your sample.

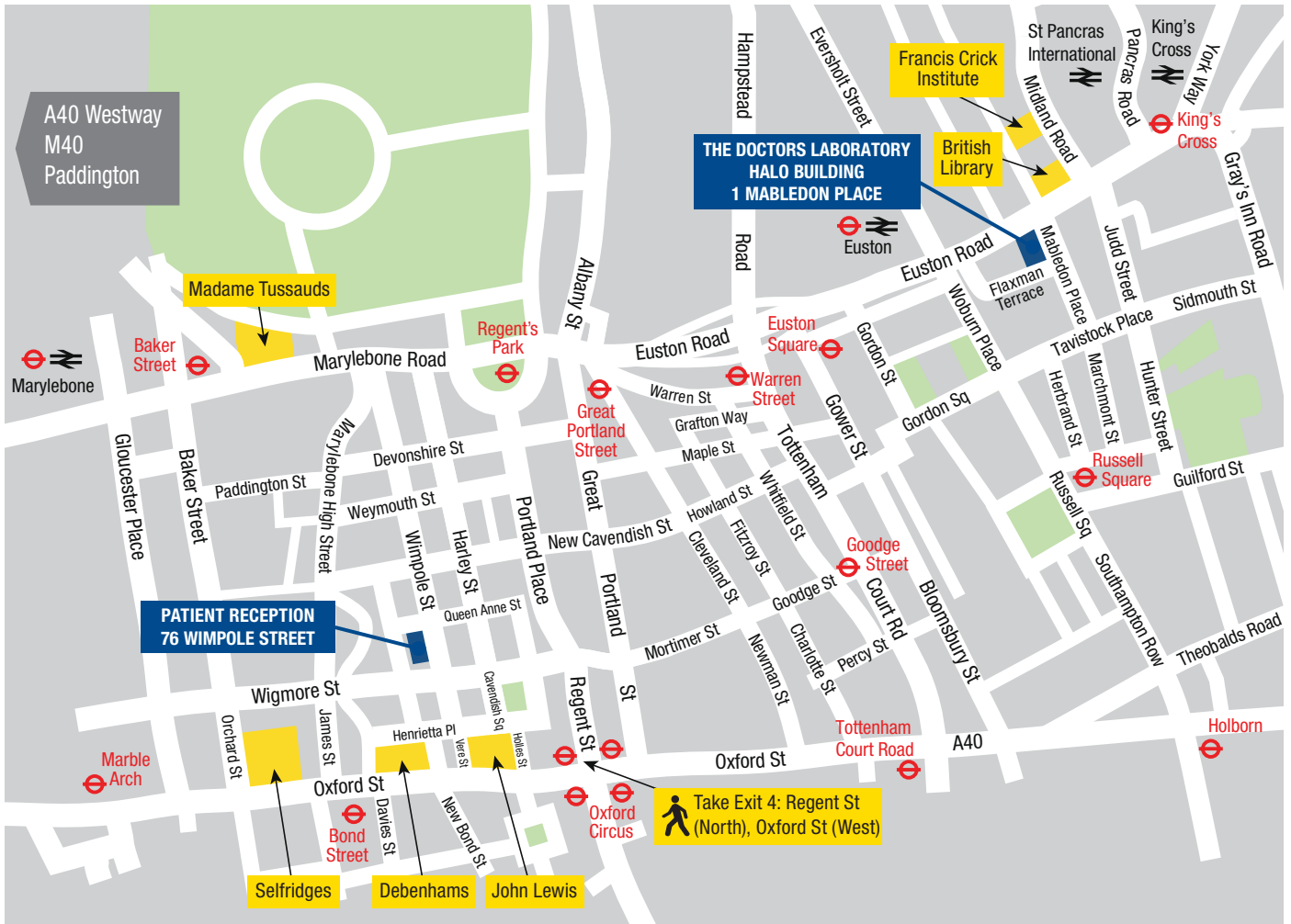
- 1 Do not collect the first urine sample of the day. For example, go to the toilet as normal.
- 2 Collect the second urination of the day and all urine samples for the next 24 hours in the container provided. For example: from **08:00AM** to **08:00AM** the next day.
- 3 Please label the container with 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 with the request form to the Laboratory.

IMPORTANT NOTICE

For 3 days prior to and during the collection you must avoid the following:

- Foods containing vanilla
- Caffeine (including tea and coffee)
- Bananas
- Nuts
- Citrus fruits

If you are on any medication please give the Phlebotomist/Receptionist/Laboratory full details when you return your sample.



**THE DOCTORS
LABORATORY**

PATIENT RECEPTION

76 Wimpole Street, London W1G 9RT
 Telephone: 020 7307 7383
 Patient Reception Fax: 020 7307 7371
 Email: patientreception@tdlpathology.com

OPENING TIMES

Monday to Friday 7.00am – 7.00pm
 Saturday 9.00am – 5.00pm

OUT OF HOURS SAMPLES

Out of hours samples can be dropped off at
 Patient Reception, 76 Wimpole Street
 London W1G 9RT

Or at the main laboratory:
 The Halo Building, 1 Mabledon Place
 London WC1H 9AX