

Plasma Metanephrines/Metadrenalines Patient Preparation Sheet

Patient details

Surname _____

First Name _____

Hospital/Ward or Clinic _____

Date of Birth _____

Gestation (K=weeks) _____

As your doctor has requested this test, please book a time with the collection centre to have it done. Unfortunately, not all our collection centres are able to perform this test, so an alternative collection centre may need to be offered to you at the time of your booking.

On the day of the collection, please **allow at least one hour for the test**. This is because you will need to lie down for 30 minutes before blood collection.

There are a number of things you are asked to do before the test to make the test more accurate:

- Fast and not drink anything except water for at least 8 hours prior to testing.
- Avoid intense exercise before the blood is collected.
- Avoid catecholamine-rich foods (such as fruit and fruit drinks, nuts, potatoes, tomatoes and beans) for at least one day prior to blood collection.
- Avoid caffeine and nicotine on the day of the test, until after testing.

In some patients (e.g. children) these restrictions may not be possible, but testing can still proceed.

If you (or your child) have an intense fear of needles, having blood taken or have a history of difficult blood collections, an indwelling cannula will be used. A cannula is simply a small plastic tube that can be temporarily placed in the vein to allow blood to be taken. This will ensure that you are as calm as possible when the sample is taken and is essential to minimise false results.

Please write down all medicines/tablets you are taking in the table below:

Medication	Dose	Frequency

Your local collection centre is: _____

Telephone number: _____

For further information, please telephone Mater Pathology on 07 3163 8500 or your local centre during business hours.