

Plasma Metanephrines/Metadrenalines Patient Preparation Sheet

Joinaine			
First Name Date of Birth		•	
	collection, please allow tes before blood collecti	on. on at least one hour for the test. This i	s because you will need to lie
There are a numb	er of things you are aske	ed to do before the test to make th	e test more accurate:
Fast and not	drink anything except w	ater for at least 8 hours prior to test	ing.
 Avoid intense 	e exercise before the blo	od is collected.	
	nolamine-rich foods (such ne day prior to blood col	h as fruit and fruit drinks, nuts, pota lection.	toes, tomatoes and beans)
Avoid caffeir	e and nicotine on the d	ay of the test, until after testing.	
In some patients (e.g. children) these restr	ictions may not be possible, but te	sting can still proceed.
blood collections, temporarily place	an indwelling cannula v	of needles, having blood taken or will be used. A cannula is simply a sood to be taken. This will ensure that o minimise false results.	mall plastic tube that can be
Please write dov	vn all medicines/table	ts you are taking in the table be	elow:
	Medication	Dose	Frequency
		I	
Your local collect	ion centre is:		

business hours.