

# Patient Preparation Guide

The lab tests listed below have special requirements that should be adhered to prior to specimen collection. The tests are listed alphabetically.

Patients please note: Obtain the advise of your physician before discontinuing any medications.

Tests	Preparations
5-Hydroxyindoleacetic Acid (5-HIAA)	<p>On the day prior to and the day of specimen collection avoid:</p> <ul style="list-style-type: none"> <li>• Bananas</li> <li>• Avocados</li> <li>• Plums</li> <li>• Eggplant</li> <li>• Tomatoes</li> <li>• Plantains</li> <li>• Pineapples</li> <li>• Walnuts</li> </ul> <p>If acceptable to your physician, do not take any of the following medications for the 48-hour period prior to specimen collection:</p> <ul style="list-style-type: none"> <li>• Acetaminophen (Tylenol)</li> <li>• Salicylates (aspirin)</li> <li>• Phenacetin</li> <li>• Cough syrup containing glyceryl guaiacolate</li> <li>• Mephenesin</li> <li>• Isoniazid</li> <li>• MAO inhibitors (e.g., Parnate®, Nardil®, Marplan®)</li> </ul>
Urea Breath test	Fasting for 1 hour prior to testing required.
Catecholamines, plasma	<p>Fasting (overnight) required.</p> <p>For the day before and the day of specimen collection, do not consume:</p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Bananas</li> <li>• Tea</li> <li>• Coffee</li> <li>• Caffeine</li> <li>• Chocolate</li> </ul> <p>Patients should be relaxed in either a supine or upright position before blood is drawn. States of anxiety and stress can cause fluctuations in the catecholamine levels. If you have had an X-ray procedure during which contrast material was injected (IVP, angiogram, myelogram, etc.) wait at least 3 days before collecting specimen.</p>
Cholesterol	Fasting (overnight) preferred if performed as part of a lipid panel.
Chromium, urine	If acceptable to your physician, refrain from taking vitamins or mineral supplements at least one (1) week prior to collection.

# Patient Preparation Guide

Comprehensive metabolic panel (CMP)	Fasting (overnight) preferred.
C-Peptide	Fasting (12 hours) required.
Cryoglobulins	Fasting (overnight) required.
DHEA Unconjugated	Fasting required.
Fecal Occult Blood (FOBT)	<p>If acceptable to your physician, avoid aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprophen, (Motrin®, Advil®) and naproxen (Aleve®) for seven days prior to and during the test period.</p> <p>If acceptable to your physician, avoid the following for 48 hours prior and during the test period:</p> <ul style="list-style-type: none"> <li>• Vitamin C in excess of 250 mg per day (from all sources including dietary and supplemental).</li> <li>• Red meat (beef, lamb) including processed meats and liver.</li> <li>• Raw fruits and vegetables (especially melons, turnips and horseradish)</li> </ul>
Gastrin	Fasting (12 hours) required.
Glucagon	Fasting required.
Glucose (fasting blood sugar)	Fasting (overnight) required.
Renal profile	Fasting (overnight) preferred.
Triglycerides	Fasting (overnight) preferred. Water permitted.
Vanillylmandelic Acid (VMA)	<p>It is preferable for the patient to be off medications for three days prior to collection. However common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference.</p> <p>The day before and the day of the specimen collection, patient should avoid:</p> <ul style="list-style-type: none"> <li>• alcohol</li> <li>• coffee</li> <li>• tea</li> <li>• tobacco (including use of nicotine patch),</li> <li>• bananas</li> <li>• citrus fruits</li> </ul>

# Patient Preparation Guide

	<ul style="list-style-type: none"> <li>• Fruit juices</li> <li>• Octopus</li> <li>• strenuous exercise prior to collection.</li> </ul> <p>If acceptable to your physician, the day before and the day of the collection the following drugs should be avoided:</p> <ul style="list-style-type: none"> <li>• triamterene (Diazide®, Dyrenium®, Maxzide®).</li> <li>• Phenylpyruvic acid</li> <li>• Labetalol (Normodyne®, Trandale®).</li> <li>• Methyldopa (Aldomet®).</li> </ul>
Vitamin A (retinol)	Fasting (overnight) required.
Vitamin B6	Fasting (overnight) required.
Vitamin C	Fasting (overnight) preferred. If acceptable to your physician, refrain from taking vitamins or vitamin supplements at least 24 hours prior to collection.
Vitamin E	Fasting (overnight) required.
Zinc	If acceptable to your physician, refrain from taking vitamins or mineral supplements at least 3 days prior to specimen collection.