

Preparation for measurement of metanephrine and normetanephrine in serum

Test: S-MetNor (2338)

Preparation

Forty-eight (48) hours prior to the blood collection:

- Do not drink anything containing caffeine, such as coffee, tea, coke and energy drinks.
- Do not eat bananas, cheese, vanilla, nuts, cocoa or chocolate or any food containing these.
- Avoid use of nicotine products (cigarettes, nicotine gum or pouch) and alcohol.

Avoid heavy physical strain (e.g. running, fast walking increasing heartbeat, gym) for at least twenty-four (24) hours before blood measurement.

Try to sit calmly for about 30 minutes before sample collection to allow your blood pressure and metabolism to gain balance.

Follow the physician's orders concerning your medication

You must always get instructions from your medical care physician concerning potential interruption of medication before the measurement. Compliance with instructions ensures that the result will be as reliable as possible.

Physician's/nurse's instructions:

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other kinds of instructions.

If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740.

Your own doctor or nurse will answer any questions you may have about your tests and results.