

Vanillylmandelic Acid (VMA)

For the **two days** preceding the urine collection and throughout the urine collection period (24 hours), adhere to a diet free of the following foods:

avocados, kiwis, bananas, dried fruit, coffee, tea, chocolate, vanilla, and citrus fruits.

If you are taking medications, consult your physician to rule out any potential interference with the test results.

24-Hour Urine Collection with Hydrochloric Acid

Collect the 24-hour urine in a container containing hydrochloric acid, which can be obtained at the IEO2 Blood Sampling Clinic (provided by the laboratory). If unable to obtain the container from the IEO, go to a pharmacy and request that 40 ml of 25% hydrochloric acid be added to an empty container of approximately 2 liters.

Collect the urine as follows:

- Begin the collection in the morning by emptying your bladder and discarding the urine produced
- Note the exact time.
- Over the next 24 hours, collect all urine produced. Keep the container in the refrigerator between urinations.
- Each urine sample should be collected and transferred to the container containing acid; this container should be used as provided, without washing or emptying it.
- **DO NOT URINATE DIRECTLY INTO THE CONTAINER.**
- The collection should end the following morning at the same time it started and must include the urine produced during the final hour of collection.
- **Example:** At 7:00 AM, empty your bladder and discard the urine. Then, collect all urine produced, including that produced at 7:00 AM the following morning. Therefore, the container will, at the end of the 24 hours, contain the total amount of urine produced throughout the day (morning, afternoon, evening, and night).
- If delivered within 48 hours, the acidified sample can be stored at +2°C to +8°C.
- Deliver all collected urine to the Blood Sampling Clinic along with this information sheet, completed and signed.

SURNAME _____ NAME _____

DATE OF BIRTH ____/____/____ Weight (Kg) _____ Height (cm) _____

INFORMATION NOTE ON HYDROCHLORIC ACID

Hazard Statements:

- Causes severe skin burns and eye damage.
- May cause respiratory irritation.
- May be corrosive to metals.

First Aid Measures:

- **Inhalation:** If the person is unconscious, keep them in a stable side position while transporting them to fresh air. Seek medical attention immediately.
- **Skin Contact:** Rinse skin thoroughly with plenty of water. Remove contaminated clothing immediately. Seek medical attention immediately.
- **Eye Contact:** Rinse eyes thoroughly with water. Seek an ophthalmologist immediately.
- **Ingestion:** Give the person water to drink immediately (at least 2 glasses). Avoid inducing vomiting due to the risk of tearing. Seek medical attention immediately.

IN CASE OF NEED, CONTACT THE MILAN POISON CONTROL CENTER AT THE
EMERGENCY NUMBER 02-66101029, AVAILABLE 24/7, 365 DAYS A YEAR

*I, the undersigned (surname and name) _____, declare
that I have followed the instructions provided in this information sheet.*

Date ____ / ____ / ____ *Signature* _____