

Vanillylmandelic Acid (VMA) Test

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about the Vanillylmandelic Acid test?

Antihypertensive agents (blood pressure medicine) may affect your test result.

- Ask your doctor about not taking these medicines for three days before and during the urine collection time.

This test requires a 24-hour urine collection.

How do I collect the 24 hour urine sample for the Vanillylmandelic Acid Test?

- At the start of the urine collection period (generally the first urine in the morning), empty your bladder and discard this urine.
- Note the time.
- From this point on, put all urine in the jug provided until the end of the ordered time period. Store the jug in the refrigerator to prevent bacterial growth.
- At the end of the time period, empty your bladder and add the urine to the jug to complete the 24-hour urine collection test.
- Note the time.
- Make sure the jug is labeled with the correct identification information.
- Bring the jug and the request form to the lab as soon as possible.
- It is vital that the lab knows the exact collection time period.

For additional health information
contact the Health Information Center at (918) 494-1080