

Metanephrine and normetanephrine in the serum (S-Metnor, 2338)

How to prepare yourself for the test

1. Follow the instructions of the doctor concerning your medication.
2. Your doctor will instruct you on which medicines you need to discontinue before you begin the urine collection.
3. Do not eat/drink the following foods for 48 hours before the blood sample is taken:
 - banana
 - ice cream
 - chocolate
 - vanilla
 - cheese
 - nuts
 - egg
 - coffee, tea, cola and energy drinks
4. Avoid using:
 - alcoholic drinks
 - tobacco
 - nicotine chewing gum
5. Avoid strenuous physical work and exercise for 24 hours before blood sampling.
 - running
 - walking enough to raise your pulse
 - working out

Come to the laboratory in time, so that you may sit down and rest for about 30 minutes before blood sampling. This allows your blood circulation to equalize.

If you have not been able to follow instructions, please tell about this to the laboratory nurse taking your blood sample.

In matters related to this examination, you may contact the hospital unit that ordered the examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

Reviewed 18.7.2023 PL