Care Gram

Blood Tests and Drug/Food Restrictions

Instructions for the Patient

1. Have your doctor list below which medicines you should stop taking for your test.
2. Follow the instructions below for your specific blood test.
3. Call your doctor or the Clinical Lab at (220) 564-4155 with any questions.

Stop the following medicines:

Medicine Name	Stop Date/Time	Restart Date/Time

☐ **Catecholamines, Fractionated Plasma***

- Avoid alcohol, coffee, tea, and tobacco for 72 hours prior to the test.
- Avoid strenuous exercise 8 to 12 hours before the test.
- Do not eat or drink anything after 10:00 p.m. the night before the test.
- After arriving in the Lab, you will rest, lying down for 30 minutes in a quiet room prior to the blood specimen being taken.

☐ **Metanephrines, Fractionated Plasma***

- Avoid alcohol, coffee, tea, and tobacco for 72 hours prior to the test.
- Avoid strenuous exercise 8 to 12 hours before the test.
- Do not eat or drink anything after 10:00 p.m. on the night before the test.
- After arriving in the Lab, you will rest, lying down for 30 minutes in a quiet room prior to the blood specimen being taken.

☐ **Arsenic**

- Do not eat seafood for 48 hours prior to the test.

☐ **Serotonin – Hydroxytryptamine 5**

- Do not eat avocados, bananas, eggplant, pineapples, plums, tomatoes, or walnuts for 48 hours prior to the test.
- Avoid coffee, tea, and tobacco for 72 hours prior to the test.

Licking Memorial
Health Systems

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Instructions for the Doctor

Please list the medicines (on page 1) that the patient should stop taking for their test. Include the stop date/time and the restart date/time. See below for a list of recommendations under each test for which medicines to stop 1 week before the test, if possible.

Catecholamines, Fractionated Plasma*

- Acetaminophen (high concentrations only)
- Alpha-Methyldopa (Aldomet)
- Cimetidine and Catecholamine-containing drugs
- Diuretics
- Isoproterenol
- Labetalol
- Mandelamine
- MAO inhibitors
- Metoclopramide
- Vasodilators

Metanephrines, Fractionated Plasma*

- Acetaminophen (high concentrations only)
- Alpha-Methyldopa (Aldomet)
- Buspirone
- Catecholamine-containing drugs
- Codeine
- Diuretics
- Isoetharine
- Isoproterenol
- L-DOPA
- Labetalol
- Mandelamine
- MAO inhibitors
- Metoclopramide
- Vasodilators

*Information from Wallach, Jacques, M.D., Interpretation of Diagnostic Tests, 7th Ed., Lippincott Williams and Welkins, 2000.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.