



Met = metanephrine
Normet = normetanephrine

References

Endocrine Society Guidelines: Diagnosis and Treatment of Pheochromocytoma and Paraganglioma
de Jong et al. Journal of clinical endocrinology and metabolism, 94(8); pp. 2841-2849.

Box 1. Indications for testing

1. Signs and symptoms of PPGL, such as uncontrolled hypertension along with headaches, sweating, flushing and tachycardia.
2. Adrenal incidentaloma, with or without hypertension.
3. Hereditary predisposition or syndromic features suggesting hereditary PPGL.
4. Previous history of PPGL.

Box 2. Dietary substances known to increase urine met/normet

| | | | |
|------------------|------------------|------------------|-----------------|
| Bananas | Potatoes | Walnuts | Caffeine |
| Pineapple | Tomatoes | Beans | Nicotine |
| Plums | Avocadoes | Chocolate | Alcohol |

NB. Dietary catecholamines generally have a bigger influence on Normet than Met.

Box 3. Medications known to increase urine metanephrine/normetanephrine

| Drug class | Example(s) | Effect |
|---|---------------------------|--|
| Tricyclic antidepressants | Amitriptyline | Increase Normet |
| Selective serotonin reuptake inhibitors | Citalopram, Sertraline | Increase Normet |
| Selective noradrenaline reuptake inhibitors | Venlafaxine | Increase Normet |
| β-adrenergic receptor blockers | Propranolol, Atenolol | Increase Normet & Met |
| α-adrenergic receptor blockers (non-specific rather than selective) | Phenoxybenzamine | Increase Normet |
| Monoamine oxidase inhibitors | Phenelzine, Isocarboxazid | Increase Normet & Met |
| Anxiolytic psychotropic drugs | Buspirone | Increase Met |
| Others | Sulphasalazine Cocaine | Increase Normet Increase Normet & Met |