

24 HOUR URINE COLLECTION FOR HIAA (5-HYDROXYINDOLE ACETIC ACID)

IMPORTANT – Specimen labelling and delivery: Ensure full first and last names, date of birth (dd/mm/yy), date and time of collection are clearly written on the specimen container. Return labelled container (+/- request form) in the provided biohazard bag to the collection centre reception as soon as possible after specimen collection.

Caution: ACID preservative has been added to the container

1. Store container out of reach of children
2. **Do not** discard the acid preservative in container before commencing collection
3. **Do not** void urine directly into the 24-hr urine container
4. Void urine into another clean container first and transfer the urine into the 24-hr urine container

Special Requirements:

The following foods and supplements interfere with the test and should be avoided for at least 48, and preferably up to 72 hours prior to and during the urine collection.

(Please consult your doctor if you are uncertain about temporarily ceasing any of the following).

- Tryptophan or Hydroxytryptophan containing supplements
- Chocolate
- Walnuts / Hickory nuts
- Pineapple, banana, tomatoes, kiwifruit, plum, avocado, dates, grapefruit
- Eggplant

Procedure:

1. Start the collection early in the morning and record the date and time on the 24-hour urine container label
2. Completely empty bladder at this time and **DISCARD** the urine
3. During the next 24 hours, collect ALL urine passed into the clean container and transfer into the 24-hour urine container
4. Exactly 24 hours after the start time, empty your bladder, collect the urine and transfer to 24-hr urine container
5. Record the completion date and time on the 24-hr urine container label, then store in a cool place