



24 Hour Urine Collection for 5-HIAA

Please read both sides of this instruction sheet

About your Test

- Your Medical Practitioner has requested tests which require you to collect all the urine you pass for 24 hours.
- You will need to obtain a collection punnet and a 24 hour urine container from your health professional or from one of our collection centres.
- The following medicines/foodstuffs should be avoided for at least 3-days before starting your collection:

Medicines

Phenothiazines
Methyldopa
Naproxen
Paracetamol
Cough Remedies

Foodstuffs

Tomato
Eggplant
Avocado
Nuts
Chocolate

Fruit and Fruit Juices

Kiwi fruit
Pineapple
Bananas
Plums

- The 24 hour urine container you have been provided contains **HYDROCHLORIC ACID** and is dangerous to eyes, skin and the respiratory system. It can cause severe burns.
- If acid comes in contact with your body, rinse the area with copious quantities of water and seek medical advice, if necessary.
- In the event of accidental spillage, clean up carefully using rubber gloves, and paper towels. Rinse the area thoroughly with water, and dispose of all materials in a plastic rubbish bag in the domestic rubbish.

For urine collection instructions please see over the page



24 Hour Urine Collection Instructions for 5-HIAA

1. At the time you have chosen to start the collection pass urine into the toilet. This urine is not wanted for the collection process. Empty your bladder completely. Write this time and date on the container.
2. All urine you pass during the rest of the 24 hour period **UP TO AND INCLUDING** the same time the next day must be collected. Pass urine into a suitable collection punnet, and then pour into the 24 hour urine container - **NOTE:** A clean 2 litre ice cream container is an ideal collection punnet.
3. Keep your sample in a cool place away from direct sunlight (not your fridge).
4. If you need to empty your bowels, pass and collect the urine first so you do not lose it.
5. Collect the last urine specimen exactly 24 hours after the first. Even if you do not feel the need to pass this urine, you must empty your bladder completely. Write the finish time on the container.
6. Label the container with your full name and date of birth and ensure the collection times and dates are written as well.
7. Deliver your sample to the laboratory or one of our collection centres as soon as possible following collection.
8. If you miss a collection of urine in the 24 hour period you will need to start again with a fresh container. Please obtain new collection bottles from your health professional or from one of our collection centres.