

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



PH (09)4384243

## PATIENT INSTRUCTIONS

### Important - Specimen labelling and delivery:

1. Ensure full first and last names and date of birth (dd/mm/yy) are clearly written on the 24 hour urine container
2. Ensure date and time of collection is written on the request form and specimen container
3. Take the specimen to a NPL Collection Centre as soon after collection as possible

### 24 hour urine container:

You have been provided with a container to collect a 24 hour urine sample.

### 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 substances should, if possible, be discontinued for 2 days before and during the collection of your urine sample. (Please consult your doctor if you are uncertain about temporarily ceasing any of the listed drugs).

#### Food:

- Eggplant
- Nuts
- Fruits and fruit juices (including avocado, banana, dates, plum, grapefruit, kiwifruit, pineapple)
- Chocolate
- Tomatoes

#### Medication:

- Methyl dopa (Aldomet)
- Naproxen Cough mixture
- Phenothiazines (Largactil, Stemetil, Modecate)

### 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

For further information, please call NPL 09 4384243 or contact your doctor