

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 medications and foods (see below) could interfere with the test results. For 2 days before the collection you must avoid completely:

Caffeine

Coffee

Tea

Caffeinated Drinks

Caffeinated Foods

Foodstuffs

Tomato

Tomato Products

Avocado

Eggplant

Dates

Fruit and Fruit Juices

Kiwifruit

Pineapple

Bananas and Plantains

Plums

Grapefruit

Melons and Cantaloupe

Nuts

Hickory Nuts

Butternuts

Pecans

Walnuts

- For the 2 days before the collection and during the collection also limit the following to one serving per day: Other Fruits, Vegetables, Nuts.
- If clinically feasible and after consultation with your doctor, discontinue the following medications at least 48 hours before specimen collection:

Acetaminophen (paracetamol), Aspirin, Antihistamines, Cough syrups, Cold and flu medications, Levodopa, Methyldopa, Phenothiazines.

Procedure

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.

Procedure continues overleaf.

3. **NOTE:** Male patients may choose to pass urine directly into the specimen container.
4. Keep your sample in a cool place away from direct sunlight (not your fridge).
5. If you need to empty your bowels, pass and collect the urine first so you do not lose it.
6. 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.
7. Label the container with your full name and date of birth and ensure the collection times and dates are written as well.
8. Deliver your sample to your to the laboratory or one of our collection centres as soon as possible following collection.
9. 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.