

Information for patients

24 Hour Urine Collection for 5-hydroxyindoleacetic acid (5-HIAA)

Introduction

Your doctor has requested a laboratory test which requires you to collect your urine for 24 hours. We will give you a plastic bottle to collect the urine. Please follow the instructions carefully to make sure that we can get accurate results from the test.

Preparation

It is easiest if you choose a day when you will be at home for a complete 24 hour period. If you have to go out, do take your bottle with you.

Do not start your collection on a Friday or Saturday as you will not be able to return the sample immediately once the collection is complete.

Caution

These collections require a strong acid preservative which is a clear liquid and **must** not be thrown away. Please make sure the container is stored safely, upright and out of reach of children.

Avoid any contact with the acid. If there is any splash onto skin or other area, wash the area with excess water for a few minutes and get medical advice immediately. You **must** pass urine into a separate clean container such as a plastic jug and then pour it into the container provided.

Diet Restrictions

Please avoid the following foods for at least 48 hours before starting the urine collection and during the collection:

- Fruits, especially bananas, plums, kiwi, pineapple (and juice), tomato (including all tomato based foods and sauces), aubergine and avocado.
- Nuts in general, especially walnuts.
- Caffeinated beverages such as tea and coffee.

Medications

Consult your doctor before stopping any medications. It is best to avoid the following medications for 48 hours before starting the urine collection and during the collection:

- Paracetamol
- Aspirin
- Anti-histamines (allergy medications)

Collecting the sample

Step 1: Check the personal identification details (e.g. name, date of birth) on the bottle are correct.

Step 2: On the day of your sample collection when you wake, pass all the urine into the **toilet** and do **not** collect it.

Step 3: Write the date on the side of the urine collection container. From this point onwards collect **all** your urine into the provided plastic container.

Step 4: In the morning of the following day, when you wake, empty your bladder into the plastic container. Your urine collection is now complete.

Step 5: Write the date the collection was stopped on the side of the urine collection container.

After the sample is collected

Check the cap is screwed on firmly.

Double check the urine collection container label contains the following:

- Your name
- Your date of birth
- Date collection started
- Date collection finished
- The name of the doctor or nurse who asked for the collection

Please note: We cannot accept containers without a label and we will ask you to repeat the urine collection.

What to do with the collected sample

Check that all your details have been filled in clearly on the label. Bring the container (and the request form if you were given one) as soon as possible to the hospital department from which you received the container or your GP.

Any problems or questions

If you have any questions about the information given on this sheet, please contact the department that gave you the collection container or your GP.