

 Eastern Health Laboratory Medicine	<b>Section:</b> Management System\EH Laboratories\Client Services\Collection Manual\Patient Instructions\	
	<b>Title:</b> Collecting a 5-HIAA 24 Hour Urine Specimen	<b>Number:</b> 11117
	<b>Effective Date:</b> 10/19/2023	<b>Version:</b> 3.0
		<b>Status:</b> Current

## How to Collect a 5-HIAA 24 Hour Urine Specimen

**Note:** Keep container refrigerated during the time you are collecting and until you bring it to the laboratory.

 <b>Poison</b>	<b>Caution:</b> The bottle contains a preservative which may burn your skin. <b>DO NOT</b> remove the preservative from the bottle. Keep the bottle upright so it does not spill. Urinate (pee) into a clean dry plastic container and transfer the urine to the collection bottle.
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 <b>Corrosive</b>	<b>DO NOT</b> splash when pouring urine into bottle <b>KEEP OUT OF REACH OF CHILDREN. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER</b>
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Please read all this material **before** you start your urine collection.

Samples not labelled correctly and/or do not have a complete requisition will not be processed.

To ensure correct test results, follow instructions carefully.

### Before Collecting:

- Collection is performed over a 24-hour period.
- Certain foods and medications can interfere with the test. The following diet and medication restrictions must be followed for **72 hours before and during all of the urine collection** (24 hours):

#### **Avoid all of the following foods and compounds.**

Coffee (Caffeine)	Soy products	Plantain
Nicotine (smoking)	Seaweed	Tomato and tomato-based products
Banana	Spinach	Tea
Chocolate	Liver	Avocado
Eggplant	Melon family	Cantaloupe
Fruit and Juice	Date	Nuts (Walnuts, almonds, pecans, pistachios, etc.)
Pineapple	Kiwi	
Cola drink	Papaya	
Seafoods	Grapefruit	
Pumpkins	Prune and Plum	


#### **Avoid all of the following over-the-counter medications.**

ASA (e.g., Aspirin)	Cough, Cold and Flu medications
Acetaminophen (e.g., Tylenol)	Antihistamin

#### **Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.**

Anti-hypertensive drugs	Erythromycin	Quinine
Levodopa (L-dopa)	Niacin	Riboflavin
Chloral Hydrate	Phenothiazine	Tetracycline
Dopamine	Quinidine	MAO inhibitors

**Look for the collection procedure on the back of this sheet.**

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### How to collect the samples:

- Throw out your first morning urine sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- The next time you urinate, collect the full urine sample into a clean dry plastic container and transfer to the collection bottle. The collection bottle should be kept between 2-8°C during the collection.
- Collect all urine from each time you urinate for the complete 24-hour period. Close the lid securely and gently mix the bottle after each urine sample is added.
- Collect the last urine sample exactly 24 hours after your **START TIME**, which should be a first morning urine. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time **and** date on the collection bottle label. This is your **FINISH TIME**.
- If you try to urinate at the finish time but cannot produce urine, this is still an acceptable 24-hour urine sample. Write this as the **FINISH TIME** on the label.
- It is important to clearly label the collection bottle with your full first and last name and Personal Health Number, MCP # or Personal Identification Number (e.g., Refugee, Immigration, Passport etc.) as well as the start and finish date and time of the urine collection period.
- Bring the collection bottle and the requisition to the laboratory on the day you finish the test. If you finish the test on a weekend, **STORE the collection bottle between 2 to 8°C** and bring it to first thing Monday morning, as the preservative is time sensitive.
- Hand the collection bottle and requisition to lab staff to ensure all collection requirements are met.

### Important:

If you accidentally miss collecting or spill some urine during the testing period, you must start the collection over again. Do not use the same bottle. You must obtain a new one from the laboratory.

### Storage of the Collection Bottle:

- Refrigerate the collection bottle at 2°C to 8 °C during the collection and storage.
- Keep the lid of the collection bottle on and tight.