



The Mid Yorkshire Hospitals
NHS Trust

Instructions for 24 hour urine collection for 5HIAA

Your doctor has asked that you collect a 24 hour sample of your urine to see if your body is making too much of a substance called 5-HIAA (which stands for 5-hydroxyindole acetic acid).

You will be provided with a special container to collect all the urine you produce in a single day. This container includes a preservative to prevent the 5-HIAA from going off, so don't be alarmed that it isn't empty when you receive it.

You must collect **all** the urine you produce in a single day into a special container which should have been given to you by your doctor or the hospital lab, along with this leaflet.

In order to get exactly a full day's collection it is important that you follow the instructions in this leaflet very carefully.

What you need to do and know before the test

Before you start the collection:

- ***Make sure*** your personal details are on the label of the sample container and that they are correct.
- ***Make sure*** that the details on the sample container are the same as those on the request form.
- ***If the label is blank***, please complete all the parts of your name and date of birth.
- ***If the label is only partially completed***, fill in any blanks you can.
- ***If the details are not correct***, see your doctor to obtain another sample bottle.

Dietary information: Dos and Don'ts

5-HIAA and substances like it are found in a few foods at high enough concentration which can interfere with the test. Please avoid the following foods for *at least* 12 hours before and during the collection period:

Banana, pineapple, plum, tomato, avocado, walnut, kiwi fruit, chocolate.

Some drugs can also interfere with the test, including caffeine, aspirin, alcohol and paracetamol. Please try to avoid excessive amounts of: coffee, tea, caffeine-containing soft drinks (eg Coca Cola, Pepsi Cola, Irn Bru, Red Bull), any alcoholic drinks, aspirin or paracetamol unless it is prescribed by your doctor.

Talk to your doctor about any drugs you are prescribed, and always follow your doctor's advice

Otherwise follow a normal diet for you during the collection period, eating and drinking as you normally do. Do not drink more fluids than normal

24 hour urine collection instructions

Collect **all** of the urine you produce in a single day, no more and no less than that, otherwise your doctor might get the wrong answer to the question they are asking. This could lead to more tests than you would otherwise need to have.

Top Tip

The best way to collect urine is to first use a **clean** container of your own (a plastic jug is ideal), then empty this into your urine collection container. The container you use should be thoroughly washed before further use after you finish your collection.

- **Empty** your bladder in the morning into the toilet in the normal way (**DO NOT COLLECT THIS URINE!**)
- **Make** careful note of the time that you do this and write this and the date on the collection container.
- **After** this, every time you go to the toilet you should collect any urine you produce for the rest of the day and all evening until you go to bed.
- **If** you need to go to the toilet during the night, make sure you collect this urine as well.
- **Next** day, make sure you wake up in time to collect your last amount of urine at **EXACTLY** the same time that you initially emptied your bladder the previous day as you started the collection.

- **When** that time comes you should completely empty your bladder and add the contents to the container which will then mark the end of your 24 hour urine collection.
- **Write** both the date and time of this last collection on the label on the container.

CAUTION!

- **Be very careful collecting urine in the container as the preservative contains acid which can potentially cause burns if you get it on your skin.**
- **If you get any preservative on your skin, wash thoroughly with plenty of water and seek medical advice if the area is painful or burning.**
- **If you get some of the preservative in your eyes, rinse thoroughly with water and seek medical advice.**
- **Do not consume the preservative. If consumed, rinse out mouth and seek medical advice.**
- **Keep the container away from children, unless they are the ones having the urine collection, in which case they should be supervised when using the container.**

After you finish the collection

Check once again that your details are correct on the container.

Make sure the lid of the container is firmly closed. Return the container, along with the request form, to your doctor or to the laboratory, depending on what the doctor told you.

The sample may be rejected if the container leaks!

What happens to my sample?

- The 24 hour collection is sent to the laboratory so the 5-HIAA can be measured.
- The results will be sent to your doctor who will contact you when they are available.
- it may be necessary to repeat the collection to confirm the result.

Any queries regarding the test, except for final results, please do not hesitate to contact the Department of Clinical Biochemistry at Pinderfields Hospital on: 0844 811 8110, ext 57000

Please contact your doctor for results.

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **pals@midyorks.nhs.uk**

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