

# 24 hour urine collection for 5-HIAA estimation

## Patient Information

This bottle contains a liquid preservative that must not be removed and should only be used for this test. Sand has been added to absorb the preservative to help prevent risk of spillage. Care should be taken when handling the bottle.

**Strong acid. Avoid contact with skin. Causes burns.  
Keep out of reach of children.**

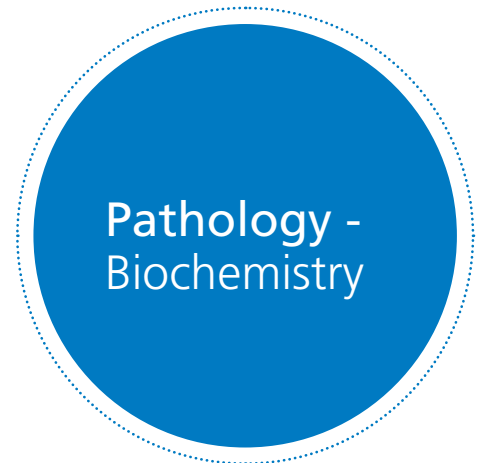
Certain drugs may affect the test. On your doctor's instructions only these drugs should be stopped three to four days before the urine collection.

Please avoid the following foodstuffs the day before and during the urine collection: tomatoes, bananas, pineapples, walnuts, avocados, red plums, aubergines.

The laboratory requires all the urine produced over a 24 hour period to perform the test your doctor has requested. The more accurately this is done by you, the more accurate is the result the lab produces. As most individuals get out of bed at the same time each morning this is the best time to start. 8am is used in the example below.

Day 1 – 8am: - Empty your bladder and **discard** the urine. We do not require this sample. From this time all urine you pass during the day **must be saved** into the bottle provided.

Day 2 – 8am: - Empty your bladder and **save** this in the bottle. The collection is now complete.



Screw the top on tightly. Ensure your details are completed on the bottle label. Put the bottle in the plastic bag provided and seal with the elastic band. Attach the pathology request form, given to you by your doctor, to the plastic bag using the sticky strip on the form.

Your completed urine collection should be taken to **pathology laboratory reception, The James Cook University Hospital, Middlesbrough, TS4 3BW, or to the Pathology Laboratory, Friarage Hospital, Northallerton, DL6 1JG** or to wherever you have been instructed to take it by your doctor.

**Please ensure that you also bring the accompanying request form, as given to you by your doctor. If you misplace this form then please contact your doctor for a duplicate.**

If you have any queries please contact the **clinical chemistry department at The James Cook University Hospital, telephone: 01642 282631 or the biochemistry department at the Friarage, telephone: 01609 763036.**

