

Document Title:	24 Hour Urine Collection (5HIAA)	<b>Northern Pathology</b> VICTORIA
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### Patient Instructions

This test requires a FULL DAY (24 hours) urine collection. Your doctor may have asked you for more than one sample. This means that you need to make collections on different days. You may start your collection at any time of the day. Simply follow the procedure below, finishing exactly 24 hours after the starting time.

### Equipment provided for this test

24hour urine acid bottle

**CAUTION – this bottle contains ACID**

**DO NOT discard acid from the bottle.**

**Read WARNING label on bottle. Keep bottle out of reach of children**

### Prior to commencing this test

For 3 days prior to and during the collection, it is preferred to avoid consuming the following foods as they may falsely elevate 5-HIAA levels:

- Avocado
- Tomato
- Nuts
- Bananas
- Pineapple
- Grapes
- Figs
- Kiwi fruit
- Plums
- Chocolate

Write your FULL NAME (first name and surname), DATE OF BIRTH on the bottle.

### Collection instructions

#### Day 1

- Decide on a starting time (e.g. 7:00am) and empty your bladder into the toilet and discard.
- Write the date and time on the bottle. This is the start of the urine collection.
- Collect ALL urine for the day and night (including while you are out of house).
- Use a clean ice-cream container or a jug to urinate into then carefully pour the urine into the 24 hour container.
- Be careful not to spill or splash the urine in the container as the container has **ACID** at the bottom.

#### Day 2 (Exactly 24 hours from start time)

- Empty your bladder into the bottle and this is the end of the collection, write down the finishing time and date on the bottle.
- The day the collection has finished you need to drop the urine off to your closest Northern Pathology Victoria Approved Collection Centre.
- The collector will confirm the patients Surname, First name date of birth, address and telephone number