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Patient Advice Sheet :

SAMPLE COLLECTION FOR URINE 5HIAA

General Information

Your doctor has requested a test be done on your urine to look for a naturally occurring chemical called '5HIAA'. This test requires you to collect all the urine you pass for a full 24 hour period. During this time you may go about your normal day-to-day activities. There is no need for you to drink anymore than you would do normally – the volume of urine collected is not important, however **it is extremely important that all the urine you pass during the 24 hours of the test is collected in the bottle given to you by your doctor.**

WARNING
<p>The bottle contains an acid preservative (do not discard) <u>DO NOT PASS URINE DIRECTLY INTO THIS CONTAINER</u> On skin contact wash off immediately with water KEEP AWAY FROM CHILDREN</p>

Before and during the collection

Several foods can interfere with the results of the test, and it is important that you avoid these foods for at least 24 hours before starting the urine collection, as well as for the duration of the test itself. The foods to be avoided are:-

Avocado, aubergine, banana, plantain, pineapple, plums, kiwi fruit, tomatoes, walnuts, hickory nuts and pecan nuts

Some medicines can also affect the test results, however **DO NOT** stop any of your medications unless specifically instructed to by your doctor.

Sample Collection

During the test it is important that the collected urine is stored in a cool place away from any direct heat source. The urine collection bottle contains a small amount of acid to preserve the urine, so please observe the warning label on the bottle and ensure that it is stored out of reach of small children and pets.

- On the first morning, urinate into the toilet as soon as possible after you get out of bed.
- You should then collect all the urine you pass during the remainder of the day. You should collect the urine into a clean, wide necked beaker and then transfer it from the beaker to the urine collection bottle after each individual collection is made. If you pass urine overnight, remember this must be collected too.
- On the second morning, you should collect the urine you pass after getting out of bed. At this point the test is complete and no more urine is required.
- Ensure that the urine sample is returned to your doctor as soon as possible, so it can be sent for testing without delay.

If you have any further questions or concerns about the test please ask a doctor or nurse involved with your care.

Authority For Issue: Lesley Harrower	Page 1 of 1
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