

24-hour urine test (5HIAA)

Preparation

Do not eat or drink the listed foods for three days before and during urine collection:

Avocado, Banana, Kiwifruit, Eggplant, Pineapple, Grapes, Fig, Plum, Tomato, Chocolate, Nuts

Collecting the specimen

Day 1: Choose a time to start the collection

1. Empty the first urine (wee) you pass directly into the toilet before you start the collection. This must not be collected into the specimen collection bottle.

Collect the second urine you pass.

2. Urinate into a clean container first. Then pour the urine from the container into the specimen collection bottle. **Do not urinate directly into the specimen collection bottle.**
3. Put the lid on tightly and write the collection date and time on the label.
4. Gently swirl the specimen collection bottle to mix the urine and the acid together. Wash your hands.

This is the start of the 24-hour urine collection time.

Store collected samples in a cool, dry place, away from direct sunlight.

5. Collect **all** urine for the day and night (including while you are out of house) following steps 2 to 4. Aim for the collection to be taken during a 24-hour period where you will be mostly at home.

Day 2: Collect your last urine sample in the morning.

Try to collect it at around the same time you collected your urine sample in step 2 on Day 1.

6. Repeat step 2 to 4.
7. Place the specimen collection bottle and request form into the collection bag.

Pathology

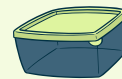
Equipment



1 x large specimen collection bottle, which contains acid



1 x collection bag



1 x clean container to collect urine (not provided)



Safety Precautions

The specimen collection bottle contains acid which can burn. See warning on label. Keep out of reach of children

Labelling the specimen

Label the specimen by writing:

- Full name (first & last name)
- Date of birth
- Record Number (if known)
- Date & time you collected the first and last specimen.

Delivering the specimen

Deliver the sample to a pathology collection centre as soon as possible.

See next page for full list of collection centres