

 Eastern Health Laboratory Medicine	<b>Section:</b> Management System\Eastern Health\Client Services\Collection Manual	
	<b>Title:</b> Collecting a 5-HIAA 24 Hour Urine Specimen.	<b>Number:</b> 14042
		<b>Version:</b> 0
	<b>Effective Date:</b> 18-02-2019	<b>Status:</b>

## How to Collect a 5-HIAA 24 Hour Urine Specimen

*Note: Keep container refrigerated during the time you are collecting and until you bring it to the laboratory.*

 <b>Poison</b>	<b>Caution:</b> The bottle contains a preservative which may burn your skin. <b>DO NOT</b> remove the preservative from the bottle. Keep the bottle upright so it does not spill. Urinate (pee) into a clean dry plastic container and transfer the urine to the collection bottle.
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 <b>Corrosive</b>	<b>DO NOT</b> splash when pouring urine into bottle <b>KEEP OUT OF REACH OF CHILDREN. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER</b>
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Please read all this material **before** you start your urine collection.

*Samples not labelled correctly and/or do not have a complete requisition will not be processed. To ensure correct test results, follow instructions carefully.*

### Before Collecting:

- Collection is performed over a 24 hours period.
- Certain foods and medications can interfere with the test. The following diet and medication restrictions must be followed for **72 hours before and during all of the urine collection** (24 hours):

#### Avoid all of the following foods and compounds.

<i>Coffee (Caffeine)</i>	<i>Pumpkins</i>	<i>Grapefruit</i>
<i>Nicotine (smoking)</i>	<i>Soy products</i>	<i>Prune and Plum</i>
<i>Banana</i>	<i>Seaweed</i>	<i>Plantain</i>
<i>Chocolate</i>	<i>Spinach</i>	<i>Tomato and tomato-based products</i>
<i>Eggplant</i>	<i>Liver</i>	<i>Tea</i>
<i>Fruit and Juice</i>	<i>Melon family</i>	<i>Avocado</i>
<i>Pineapple</i>	<i>Date</i>	<i>Cantaloupe</i>
<i>Cola drink</i>	<i>Kiwi</i>	<i>Nuts (Walnuts, almonds, pecans, pistachios, etc.)</i>
<i>Seafoods</i>	<i>Papaya</i>	


#### Avoid all of the following over-the-counter medications.

<i>ASA (e.g. Aspirin)</i>	<i>Cough, Cold and Flu medications</i>
<i>Acetaminophen (e.g. Tylenol)</i>	<i>Antihistamines</i>

#### Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.

<i>Anti-hypertensive drugs</i>	<i>Erythromycin</i>	<i>Quinine</i>
<i>Levodopa (L-dopa)</i>	<i>Niacin</i>	<i>Riboflavin</i>
<i>Chloral Hydrate</i>	<i>Phenothiazine</i>	<i>Tetracycline</i>
<i>Dopamine</i>	<i>Quinidine</i>	<i>MAO inhibitors</i>

**Look for the collection procedure on the back of this sheet**

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### How to collect the samples:

- Throw out your first morning urine sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- The next time you urinate collect the full urine sample into a clean dry plastic container and transfer to the collection bottle. The collection bottle should be kept between 2-8°C during the collection.
- Collect all urine from each time you urinate for the complete 24 hour period. Close the lid securely and gently mix the bottle after each urine sample is added.
- Collect the last urine sample exactly 24 hours after your **START TIME**, which should be a first morning urine. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time **and** date on the collection bottle label. This is your **FINISH TIME**.
- If you try to urinate at the finish time but cannot produce urine, this is still an acceptable 24 hour urine sample. Write this as the **FINISH TIME** on the label.
- It is important to clearly label the collection bottle with your full first and last name and Personal Health Number, MCP # or Personal Identification Number (e.g. Refugee, Immigration, Passport etc) as well as the start and finish date and time of the urine collection period.
- Bring the collection bottle and the requisition to the laboratory the same day the test is finished. If the collection is done on a weekend, **KEEP the collection bottle in between 2°C to 8°C** and bring to the lab Monday morning.
- Hand the collection bottle and requisition to lab staff to ensure all collection requirements are met.

### Important:

If one of the urine samples is thrown out by mistake and not added to the collection bottle, the test must be started over.

### Storage of the Collection Bottle:

- Refrigerate the collection bottle at 2°C to 8 °C during the collection and storage.
- Keep the lid of the collection bottle on and tight.