

Instructions For 24 Hour Urine Collection

IF YOUR DOCTOR HAS ORDERED THE TEST "5-HIAA", PLEASE NOTE THESE ADDITIONAL INSTRUCTIONS:

MEDICATIONS TO AVOID FOR 48 HOURS PRIOR TO AND DURING 5-HIAA COLLECTION:

Aspirin, Thorazine (chlorpromazine), corticotrophin, dihydroxyphenylacetic acid, ethanol, gentisic acid, homogentisic acid, hydrazine derivatives, Topramil (imipramine), Marplan (isocarboxid), keto acids, levodopa, MAO inhibitors, methenamine, Aldomet (methyldopa), perchlorperazine, Compazine, phenothiazines, promazine, Mepergan (promethazine), **Acetaminophen**, acetanilide, **caffeine**, coumaric acid, Valium (diazepam), ephedrine, fluorouracil, Guiafenesin (glycerol guaiacolate), Alkeran (melphalan), mephenesin, Desoxyn (methamphetamine), Robaxin (methocarbamol), naproxen, **nicotine**, phenacetin, phenmetrazine, Phenobarbital, phentolamine, rauwolfia, reserpine.

Patients should abstain from over-the-counter drugs, and herbal remedies for at least 72 hours prior to and during collection.

FOODS TO AVOID DURING 5-HIAA COLLECTION:

Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts.

Foods rich in serotonin should be avoided for at least 72 hours before and during collection.

Please contact your physician with any questions or concerns you may have regarding these instructions

Before starting the collection make sure you have written clearly on the jug the following things:

- FULL NAME
- DATE OF BIRTH
- HEIGHT AND WEIGHT

To Start the Collection:

- Go to the bathroom at your normal waking time and empty your bladder. Mark this time on the jug.
- DO NOT save this urine in the jug!

During the Collection:

- Save your urine every time after that for the next 24 hours, **EVEN IF YOU GET UP DURING THE NIGHT.**
- Keep jug refrigerated or on ice.

To End the Collection:

- Go to the bathroom the next day at your normal waking time and empty your bladder.
- DO save this urine in the jug.

AFTER COMPLETING THE COLLECTION:

- KEEP THE JUG UPRIGHT AND LID ON TIGHT
- DO NOT PUT PAPERWORK IN BAG WITH THE JUG
- KEEP THE JUG REFRIGERATED AND RETURN TO LAB ASAP

REMEMBER:

- This is a 24 hour collection: if you stop the collection too soon, you will affect the accuracy of the test.
- If you don't collect all the urine as directed above in the jug, you will affect the accuracy of the test.
- Please remember to bring your order and registration, as well as any other paperwork you are given, with you when you return your jug. Any blood work will be drawn at that time. **NO EXCEPTIONS WILL BE MADE.**