



St. Michael's

DEPARTMENT OF LABORATORY MEDICINE  
DIVISION OF PATHOLOGY

Document Name: 24h 5 HIAA Urine Collection  
Instructions

Document #: 59947  
Status: Current

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## 5-HIAA (5-Hydroxyindole Acetic Acid)

# 24 HR URINE COLLECTION INSTRUCTIONS

**WARNING: This bottle contains strong acid (6N HCl). DO NOT DISCARD. Do not urinate directly into container.**

### Materials supplied:

24 hour urine container

25 mL of Hydrochloric Acid (6N HCL) additive inside the container

### Materials needed but not supplied:

Requisition completed by physician or clinic

### Collection Guidelines:

Collect urine output for a full 24 hour period.

A controlled diet must be adhered to for **3 days prior** to test collection;

#### Foods to Avoid

- Avocados
- Eggplant
- Bananas
- Pineapple
- Tomatoes
- Walnuts
- Plums
- Pecans
- Chocolate
- Coffee
- Tea
- Vanilla
- Kiwi
- Turkey
- Hickory nuts

#### Drugs to Avoid

- Acetaminophen
- Phenacetin
- Naproxen
- Indomethacin
- 5-hydroxytryptophan
- Guaifenesin (Beneylin, Dimetapp),
- Melatonin
- Nicotine

**Some medications may interfere with the results of this test.**

**Do not stop taking any medication unless advised to do so by your doctor.**

Authority for Issue: David Hancock	Authorized Date: 10/18/2019
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**Collection Instructions:**

For Proper evaluation of tests on a 24 hour urine sample, it is important that a complete and accurate collection is done;

1. On the starting day, **void and discard the first urine after waking up**. Enter time and date below:

Start Time: \_\_\_\_\_ A.M. Date: \_\_\_\_\_

2. Save in this bottle all the urine voided up to and including a specimen passed at exactly the same time the next day. Enter time and date below:

Finish Time: \_\_\_\_\_ A.M. Date: \_\_\_\_\_

**Example:**

**Start Time → 7:00 AM January 01, 2019 → Empty bladder (DO NOT Collect Urine)**

- For the next 24 hours, collect urine output using a sterile container and transfer into the 24 Hr. container provided by the laboratory. Please gently mix/invert the bottle with each addition

**Finish Time → 7:00 AM January 2, 2019 → Collect urine sample (Last Collection)**

**Storage Instructions:**

Keep the urine refrigerated during collection

**Delivery to the Lab;**

- Sample must be labelled with your **Name, Date Of Birth, MRN # and /or OHIP**
- Ensure the START/FINISH dates and times are written on the requisition
- Make sure the lid is tightly fastened
- **Deliver specimen to: Blood Collection Site or Core Lab. 2<sup>nd</sup> Fl Cardinal Carter Wing as soon as possible**

**Questions:**

Please call the Department of Laboratory Medicine at 416-864-5082

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