

24 hour urine collection for 5-HIAA

The measurement of urinary 5-HIAA is a frequently used test in determining the cause of symptoms such as flushing, diarrhoea and wheezing. The test involves the collection of all the urine that a patient passes in a 24hr period, into a collection bottle containing a preservative.

Why might I be undertaking this test?

Your doctor may be asking you to undertake this test to determine the cause of symptoms such as flushing, diarrhoea or wheezing, or to investigate possible disorders of the secretion of a hormone called serotonin. If you have any queries regarding the test please speak to your doctor or contact the Clinical Biochemistry department (details below).

What does the test involve?

The test involves collecting urine for a 24hr period into a bottle containing an acid preservative. The laboratory will then measure a substance called 5-HIAA. Some food stuffs should be avoided prior to and during the collection period.

What foodstuffs should be avoided?

A number of foods contain Serotonin and should be avoided for 4 days before and during the collection. These include bananas, pineapple, avocado, aubergine (egg plant), walnuts, tomatoes, red plums and chocolate.

How do I collect the urine?

You will have been given a 5 litre collection bottle containing an acid preservative (please note, this preservative should be handled with care, see below). Urine should be collected as follows:

- **Do not pass urine directly into the collection bottle**, use another clean container and pour the urine into the 5 litre collection bottle
- Please write your full name and date of birth on the collection bottle
- Start the collection at a specific time, first thing in the morning is usually most convenient. Note the start date and time on the collection bottle
- At the start time, discard the first urine passed (do not save for collection)
- Collect all urine passed in the next 24 hours.
- Note the finish date and time of the collection on the bottle

How do I store the urine once collected?

Store the urine in a cool place once collected, away from food or drink. The collection should be returned as soon as possible to avoid spoiling the collection.

Where do I take the collection?

Return the collection to your doctor's surgery or hospital, who will ensure it is sent to the laboratory. Please ensure that:

- You have completed your name, date of birth and the dates/times of the collection period on the bottle
- The request form from your doctor must accompany the collection. If your doctor has not given you a request form, please obtain one before starting the collection

What happens if I don't complete the information on the collection bottle, or don't send an accompanying request form?

This could cause significant delays in the processing of your sample, and you may be asked to repeat the collection, so please follow the instructions above.

When will the results be available?

Your doctor will be issued with a report of your results. This will take up to two weeks.

Further Information

DANGER The bottle(s) provided contain strong acid as a preservative. Contact with skin or eyes must be avoided. In case of accidental contact, wash immediately with plenty of water and, if in doubt, seek medical advice. Keep out of reach of children.

Medicines – some drugs interfere with the test. Please record all your pills and medicines below and return this form with the collection.

Name: _____

Medicines: _____

For more information on this test, please contact your doctor, or the Clinical Biochemistry and Immunology Department at Peterborough City Hospital, Telephone: 01733 678468

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