



Timed Urine for 5-HIAA Home Collection

Dear patient,

Your doctor has ordered a laboratory test that will require you to observe specific dietary restrictions prior to and during testing. Please follow the instructions on this sheet to ensure accurate results.

BEFORE / DURING THE COLLECTION:

Dietary Restrictions:

- For a period of 3 days prior to sample collection, as well as during the collection period, your diet should not include: *Alcohol (ethanol), avocados, bananas, caffeine (coffee, tea, etc.), eggplant, pineapples, plums, tobacco (nicotine), tomatoes, or walnuts.*

Prescription Restrictions/Recommendations:

- For a period of 3 days prior to sample collection, as well as during the collection period, you must not take: *Naproxen (Naprosyn, Naprosine, Naxen, Proxen).*
- Continue to take prescribed medications unless your doctor instructs otherwise. If you have any questions regarding your medications, contact your physician.

HOW TO COLLECT A SAMPLE

- Starting your timed collection.** Most find it easier to begin collection first thing in the morning. When you get up, completely empty your bladder. This first urine is not part of the timed collection and must be discarded. Note the time.
- Collect all urine for the specified time period and transfer it to the collection container.** All urine produced from this point until the completion of the time period noted above must be collected and placed in the container. Urinate into a clean, dry container and carefully pour all the urine into the container. This should be done with care to avoid splashing, and to be sure that no urine is lost. During the collection period the container must be kept refrigerated or on ice, and should be protected from light.
- Completing your timed collection.** At the end of the specified time period, empty the contents of your bladder and add this urine to the collection container. This urine is part of the timed collection and must be kept.
- Label the collection container.** Please be sure to label the container with your full name, the date and time you began your timed urine collection, and the date and time you ended your collection. This information is important for the calculation of your test results.
- Deliver the collection container to the laboratory.** Bring the labeled container to the laboratory as soon as possible after completion of the timed collection. You may bring the container to the laboratory where you received it, or to any Clinical Labs of Hawaii site near you. Be sure to bring the test requisition provided by your doctor along with the sample. Be aware that for some tests, a sample of your blood may be required. The laboratory may also need additional information, such as your height and weight.

HELPFUL HINTS AND PRECAUTIONS

- Never urinate directly into the collection container.** Your container may have preservatives added prior to the beginning of your collection. This depends on the type of test your doctor has requested. The preservatives are acidic and can cause irritation on the skin if splashed or spilled. Use caution when pouring urine into the container to avoid splashing of the preservatives.
- Some find the use of a styrofoam cooler ideal for keeping the container on ice and protected from light during the collection period.
- Follow your usual pattern of fluid intake. Do not try to consume more or less than your normal amount of liquid during the collection period. Avoid alcoholic beverages during collection.