

2016

# 5-HIAA Urine Collection

Pathology and  
Laboratory Medicine  
Halifax Area



[www.nshealth.ca](http://www.nshealth.ca)

# 5-HIAA Urine Collection

## Instructions

- You must follow the special rules on the back of this pamphlet.
- Start when you have 2 days in a row that are quite routine (you plan to get up at the same time and have no special commitments).
- Your doctor has given you a form for this test. This form is called your **requisition**.
- Start collection in the morning, with an **empty bladder**.
- If you miss any urine (pee) over the 24-hour period, you must start a new 24-hour collection.
- Use only the collection bottle(s) given to you by your doctor, local lab, or blood collection clinic.
- Keep the bottle **in the fridge** between collections.
- Bring the bottle to an approved drop-off site **as soon as you finish** the 24-hour collection (see back cover for sites).


DAY 1	<p>When you get up, <b>use the washroom as usual. Do not collect this sample.</b> This is your start time.</p> <p>Write your <b>full name, the date, your health card number, and the start time</b> on the bottle label and requisition.</p> <p>Collect ALL your urine in the bottle that day and night.</p>
DAY 2	<p>Get up at the same time as on DAY 1.</p> <p>Collect your 1st morning urine and add it to the bottle.</p> <p>Write your <b>end date and end time</b> on the bottle label and requisition.</p>

**If you have any questions, please ask. We are here to help you. Please see back cover for contact information.**

*If you need to do a second 24-hour urine collection:*

DAY 2 cont.	Write your <b>full name, the date, your health card number, and the start time</b> on the 2nd bottle label and requisition. The date and time should match the end date and time on your 1st bottle. Collect ALL your urine in the 2nd bottle that day and night.
DAY 3	Get up at the same time as on DAY 2. Collect your 1st morning urine and add it to the 2nd bottle. Write your <b>end date and end time</b> on the bottle label and requisition.

Make sure the collection bottle(s) is labelled with your name, health card number, date(s) of collection, and start and end times.



## Special rules

- These are rules for your food and drugs during the days before collecting urine for 5-HIAA.
- Three days before you collect your urine, stop taking all medications and drugs. Talk about this with your doctor.
- Two days before you collect your urine:
  - › Limit caffeine (such as coffee, black tea, cola)
  - › Limit nicotine (such as cigarettes, e-cigs, cigars)
  - › Stop drinking alcohol
  - › Stop eating fruits, tomatoes, nuts, eggplant, avocado, and mollusks (such as squid, octopus, clams, mussels)
  - › Do not eat anything containing any of the foods listed above
- Do not start to take your drugs, eat the foods above, or have caffeine, nicotine, or alcohol until you finish collecting your 24-hour urine sample.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Start and end dates and times** for each urine collection

**24-hour access for drop offs available in Halifax:**

QEII Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main floor, Mackenzie Building

Or drop off your sample at your local lab. Hours and addresses vary. Check [www.nshealth.ca](http://www.nshealth.ca) for more information.

Phone: 902-473-2266

Email: [DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

*Prepared by: Pathology & Laboratory Medicine ©*

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The information in this pamphlet is to be updated every 3 years or as needed.