



2019

5-HIAA Urine Collection

Pathology and
Laboratory Medicine
Halifax Area



www.nshealth.ca

5-HIAA Urine Collection

Instructions

- You must follow the special instructions on the back of this pamphlet.
- Your doctor has given you a form for this test. This form is called your **requisition**.
- 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).
- 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, use the washroom as usual. Do not collect this specimen. This is your start time.</p> <p>Write your full name, date of birth, health card number, and the start date and start time 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 end date and end time on the bottle label and requisition.</p>

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

If you have been given another bottle to do a second 24-hour urine collection:

DAY 2
cont.

Write your **full name, date of birth, health card number, and the start date and start time** 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 **end date and end time** on the bottle label and requisition.

Special instructions

- These are instructions for your food and drugs during the days before collecting urine for 5-HIAA.
- Talk about stopping your medications 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 specimen.

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 in Halifax:

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

Or drop off your specimen at your local lab. Hours and addresses vary. Check www.nshealth.ca for more information.

Phone: 902-473-2266

Email: DPLMCustomerService@nshealth.ca

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