

COLLECTION OF 24 HOUR URINE FOR HIAA & CATECHOLAMINES (5-Hydroxyindole Acetic Acid)

Equipment

- 24 Hour Urine Collection Container with Acid Additive. Available from any Clinical Labs Collection Centre

Caution

The fluid in the container is an acid preservative.

First aid instructions are on the container.

- Store out of reach of children.
- Do not discard preservative before commencing collection.
- Because of the additive in the container, do not pass urine directly into the container.
- Pass urine into another container first, for example, a clean ice cream container or glass jar and then transfer the urine into the 24 hour container. Be careful not to get the preservative on your hands.

Special Requirements

The following foods and medications should, if possible, be discontinued for four days prior to and during the test. Please consult your doctor if you are uncertain about temporarily ceasing the listed medications.

CATECHOLAMINES FOOD:

Bananas, Caffeine, Coffee, Peppers.

HIAA FOOD:

Bananas, Pineapple, Kiwifruit, Plums, Tomatoes, Mushrooms, Avocado, Spinach, Broccoli, Brussel Sprouts, Cauliflower, Eggplant, Broad Beans, Pickled Vegetables, All Nuts, Seeds, Figs, Grapes, Fish, Seafood, All Processed Meats, Chocolate, Cocoa, Milo, Caffeine, Coffee, Peppers, Jams (except Apricot), Chutney, Fermented Foods (yeast extracts), Alcohol.

MEDICATIONS:

Acetanilid, Aclin (Sulindac), Acetophenetidin, Clinoral (Sulindac), Imipramine, Isoniazid, Mephenesin Carbamate, Methyocarbamol (Robasein), Methyldopa (Aldomet), Phenothiazines (Largactil, Stemetil, Modecate, Chlorpromazine), Promazine, Reserpine.

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Procedure

- It is essential that you maintain a restricted diet 2-3 days before the test and all throughout the 24-hour urine collection time.
- Commence collection early in the morning and record this time on the label of the 24 hour container provided.
- **Completely empty your bladder at this time and discard the urine (pass the urine into the toilet).**
- During the next 24 hours, collect all urine into a clean container using the technique described on the previous page.
- **Exactly 24 hours after the starting time, empty your bladder into a clean container and then transfer the urine into the 24 hour container using the technique described above in “Special Requirements”. The collection is now complete.**
- Record the completion time on the label of the 24 hour container.
- Store the sample in a cool place during the collection period, avoiding direct sunlight.
- *Write your surname, first given name, date of birth and the date/time of collection on the container label.*
- Please deliver the completed sample to a Clinical Labs Collection Centre ASAP.
- The collection staff will check your details (surname, first given name, date of birth and date/time of collection on the container label) against the pathology request form to ensure the sample is matched to the doctor's request. This is done to ensure the safety and security of the reporting of your results.