



Collection Procedure for 24-Hour Urine for 5HIAA

Your physician has requested a test or tests that requires you to collect all urine for a 24-hour period for the submission to the laboratory for testing. It is important that you follow these instructions carefully to ensure that the test results are as accurate as possible. If you should miss collecting any urine into the container during the 24-hour period, you should discard the entire specimen and start over using a new collection container.

Please note the following:

1. Avoid food high in indoles such as avocado, banana, tomato, plum, walnut, pineapple, and eggplant.
2. Avoid tobacco, tea, and coffee for 3 days prior to collection.
3. Avoid foods high in serotonin such as chocolate, avocado, banana, tomato, plum, walnut, pineapple, and eggplant.
4. Avoid medications that include phenothiazines, glyceryl, guaicolote, resorpine, MAO inhibitors, and imipramine. Contact your physician before discontinuing any medications.

Collect the 24 hour urine specimen as follows:

- ✓ On the beginning of the day of collection, when you rise in the morning, note the time and empty your bladder into the toilet as usual. (Do not save this first urine in the collection container.)
- ✓ Begin collecting every urine specimen thereafter. Keep the container cold, on ice, in the bathroom or in your refrigerator.
- ✓ It is important to collect ALL urine for the 24-hour period. If you get up during the night, be sure to add the urine to the container. Your physician needs a total volume and all specimens to ensure accurate results.
- ✓ When you rise in the morning of the second day, collect this specimen into the container as the last specimen of the collection period. Try to arise at approximately the same time as the previous day to reflect collection for a full 24 hours.
EXAMPLE: If you start the collection at 8:00 a.m. on Monday morning, the last collection should be approximately 8:00 a.m. on Tuesday morning.
- ✓ Label the container with your first and last name, as well as the start and end times and dates for the collection. Keep the container cold and deliver to the laboratory as soon as possible, preferably within 30 minutes.

NOTE: Do not begin the collection on a Saturday morning, as there are no Sonora Quest Laboratories facilities open on Sunday to accept the collection.