

HOUSTON THYROID & ENDOCRINE

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24-Hour Urine Collection FOR 5-HIAA Test Instructions

Purpose

A 24-hour urine collection is a diagnostic test to determine the amounts of different chemicals that are present in the urine in a 24-hour period. The results of this test will help the doctor determine how well your kidneys are working.

For this test, you will collect your urine for 24 hours in a collection bottle given to you in the clinic. During the collection period, store the urine on ice or in a refrigerator.

Procedure

You may start the test at any time 3 days after you have stopped certain foods and medications. You must begin with an empty bladder.

1. When you are ready to start the test, empty your bladder and flush the urine away. Write down the time you emptied your bladder in the space at the bottom of the page, and start counting the 24 hours from that time.
2. Every time you have the urge to urinate, you must collect the urine in the container provided for you.
3. When the 24-hour period has ended, you should collect the last urine sample. This means if you started your collection at 9 a.m., you will finish the urine collection at 9 a.m. the next day. Write this information in the space at the bottom of the page.
4. When you have completed the collection, take it to the designated laboratory. Secure the lid tightly.

Special Instructions

- Certain foods may give a false positive result: STOP FOR 3 DAYS prior to starting the collection foods that have serotonin: avocado, bananas, butternuts, dates, grapefruit, kiwi, melons, nuts, pineapple, plums, tomatoes,
- STOP temporarily for 3 days certain medications that interfere with the assay: robitussin (guaifenesin), methocarbamol, and phenothiazines
- You will be given the containers for the urine collection. Write on the bottle label your name, medical record number and the date and time that you start and end the urine collection.
- Collect all of your urine during the 24 hours. Take the container with you, if you must leave your room or home during the test.
- Drink eight or more 8-ounce glasses of liquid during the 24-hour period.

Start (emptied bladder):

Date _____ Time _____

End (last urine collection):

Date _____ Time _____