

24-Hour urine 5-hydroxy-indolylacetate (dU-5HIAA, 1637)

This instruction may be downloaded and printed. The instruction includes sections to be filled in.

How to prepare yourself for the test

There are many medicines that may affect the test result.

1. Tell your doctor all medicines you take - those you take regularly and those you take occasionally. Certain medicines (e.g., tricyclic antidepressants, levodopa, methyldopa, chlorpromazine and paracetamol (acetaminophen)) may change the result of this test.
2. For the test to be carried out successfully, you need to follow the instructions on the diet preceding the test and the instructions on medication given to you by your doctor.
3. Instructions by the doctor/nurse on interrupting medication:

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4. Do not eat or drink the following for 2 days before starting the urine collection nor during the collection: Pineapple, avocado, banana, grapefruit, blue cheese, kiwi, plums, melon, aubergine, nuts, dates, tomatoes and tomato products and red wine.
 5. You cannot do the urine collection during menstruation.

Equipment needed which you will get from the laboratory

1. Container for collection of urine. Note: Only the container you get from the laboratory can be used for urine collection.
2. Sticker for your name and sticker for recording data on the test.

NOTE!

The container has some **preservative (hydrochloric acid), which you must not pour out from the container. The preservative acid is corrosive. Please handle the container with care and keep it outside the reach of children.** If there is an accident, do this:

- If you get hydrochloric acid on your skin: Take off the clothes where the acid has spilled. Rinse your skin with plenty of water for at least 30–60 minutes. Contact emergency services if needed.
- If you get hydrochloric acid in your eyes: Start immediately to rinse your eyes with plenty of water and keep doing it for at least 30 minutes and contact emergency services.

- If you get hydrochloric acid in your mouth: Do not attempt to vomit. Contact the Poison information center.

Sampling procedure

1. Start the collection of urine in the morning after waking for example at 7.10 AM.
2. First, empty your bladder into the toilet, **not into the collection container**.
3. Mark **the date and time** of collection start (the time when you emptied your bladder in the morning) on the sticker attached to the container.
4. Collect all your urine from this time point for the next 24 hours by voiding into the container. Please close the lid of the sample container securely every time you have opened it for addition of urine.
5. Keep the container with the lid on at refrigerator temperature, while urine collection is ongoing. The sample may not freeze.
6. If the first container gets full, continue collecting into the next container.
7. **Stop the collection the next morning exactly 24 hours from starting the collection** (e.g., at 7.10 AM). Do this by emptying your bladder into the collection container at the time collection stops.
8. Write **the date and time when you stop the collection** on the sticker attached to the container.
9. Close the lid of the container securely.
10. Write your name and social security number on the sticker that came with the materials from the lab.
11. Return the collection container to the department or open care unit that ordered the examination or to the laboratory as soon as possible, preferably on the same day the collection ended.

Please contact the department or outpatient unit if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

Reviewed 10.3.2021 AK, KI