



## PATIENT INSTRUCTIONS

# 24 Hour Urine Collection For HIAA (5-Hydroxyindole Acetic Acid)

### Caution: Acid Preservative has been added to the container.

- Store container out of reach of children.
- Do not discard acid preservative in container before commencing collection.
- Do not pass urine directly into the 24 hour urine container.
- Pass urine into another clean container first, for example an ice cream container or glass jar, then transfer the urine into the 24 hour urine container.

### 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.

**Food:** Avocados, bananas, chocolate, eggplant, figs, grapes, kiwi fruit, pineapple, plums and tomatoes

**Medications:** Acetanilid, Aclin (Sulindac), Acetophenetidin, Clinoral (Sulindac), Imipramine, Isoniazid, Mephenesin Carbamate, Methycarbamol (Robasein), Methyl dopa (Aldomet), Phenothiazines (Largactil, Stemetil, Modecate, Chlorpromazine), Promazine and Reserpine

### PROCEDURE

- 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 passed into the container using the technique described above in 'special requirements'.
- Exactly 24 hours after the commencement time, empty bladder and collect the urine in the container using the technique described above in 'special requirements'.
- Record the completion time on the label of the 24 hour container and store in a cool place.
- Write your surname, first given name, date of birth and date of collection on the container label.
- Return the filled container to a Healthscope Pathology Collection Centre as soon as possible.

### EQUIPMENT

#### 24 Hour Urine Container with Acid Additive

Available from any Healthscope Collection Centre or your doctor.

#### Note:

The collection staff are required to check your details (surname, first given name, date of birth and date and 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 reporting your test results.

#### For more information:

If you have any questions or would like to know the location of your nearest Healthscope Collection Centre, please call 1300 453 688.

#### Visit

[www.healthscopepathology.com.au](http://www.healthscopepathology.com.au) for an easy search by postcode to find your nearest collection centre.

If you have any questions or require further information, please contact our Customer Service Centre.

**1300 453 688**