



Urinary 5-HIAA – 24 hour urine

This test requires you to collect all of the urine you pass over a 24 hour period.

Patient preparation

The following foods must be **avoided** 24 hours prior to and during the collection period.

Fruit	Bananas, pineapple, citrus fruits, guava, mango, passionfruit, dried fruits
Jams	All except apricot
Vegetables	Tomatoes, broad beans, mushrooms, avocado, spinach, broccoli, brussels sprouts, cauliflower, eggplant, pickled vegetables and sauerkraut
Nuts & seeds	All including peanut butter and tahini
Seafood	All including canned, dried and salted fish and seafood
Cocoa	Includes chocolates, Milo and Ovaltine, etc
Processed meats	Includes devon, salami, sausages, ham, chicken/turkey loaf
Sauces & chutneys	Malted or coloured vinegar, mayonnaise, tartare sauce
Fermented foods	Marmite, Vegemite, fish paste, fish sauce, soy sauce, gravy, all wine/beer (fermented beverages)
Dairy	All cheese and cheese spreads, flavoured yoghurt, flavoured milk fruit smoothies



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Patient instructions

1. Collect a 24 hour urine bottle from your nearest Melbourne Pathology collection centre.
CAUTION – this bottle contains acid. DO NOT spill or inhale the contents. Keep out of reach of children.
2. When collecting your urine over the 24 hours, **DO NOT** urinate directly into the bottle otherwise you risk getting acid on your skin. If this does occur, wash the affected area liberally with running water.
3. Collecting the specimen:
 - a. Decide a time to start the test (eg. 8am)
 - b. Label the container with your full name, date of birth and the date and time you start the collection.
 - c. Empty your bladder at this time and **DISCARD THIS URINE.**
 - d. From now on **ALL URINE PASSED** in the next 24 hours should be collected in a container (such as a clean ice cream container) and **MUST** be transferred to the large bottle. Keep the container in a cool place (do not refrigerate) in an upright position with the lid firmly secured at all times.
 - e. 24 hours after the commencement time (eg. 8am the next morning) empty your bladder and place this urine into the bottle. Your specimen is now complete.
6. Write the date and time that you completed the sample on the label.
7. Deliver the specimen to your nearest Melbourne Pathology collection centre within 24 hours of the end of collection time. Until then, store at room temperature. In summer you should use the coolest room of your house (eg. laundry).