

Collection of 24-hour urine sample for Urinary 5HIAA

Patient information sheet

You may find it convenient to collect the urine over a weekend to avoid having to take the container to work with you.

If you require further specimen containers please email LSC@tdlpathology.com or call **020 7307 7373** who will be able to assist you. Please return the sample with the Request Form. Read through all of the instructions below before taking your sample.

- 1 Do not collect the first urine sample of the day. For example, go to the toilet as normal.
- 2 Collect the second urination of the day and all urine samples for the next 24 hours in the container provided. For example: from **08:00AM** to **08:00AM** the next day.
- 3 Please label the container with the following: Patient name, DOB, Date of sample, Sex, Date and time of collection and Volume.
- 4 Store container in a cool place, preferably a refrigerator.
- 5 Keep the container upright during collection.
- 6 The collection container will contain **ACID. Do not discard the fluid. Avoid contact with skin and eyes.** Do not pass urine directly into the container, use a separate container and transfer immediately afterwards. In the event of spillage, dilute contact areas with copious amounts of water.
- 7 Place the container in the specimen bag provided.
- 8 Please return the sample with the request form to the Laboratory.

If you are on any medication please give the Phlebotomist / Receptionist / Laboratory full details when you return your sample.

IMPORTANT NOTICE

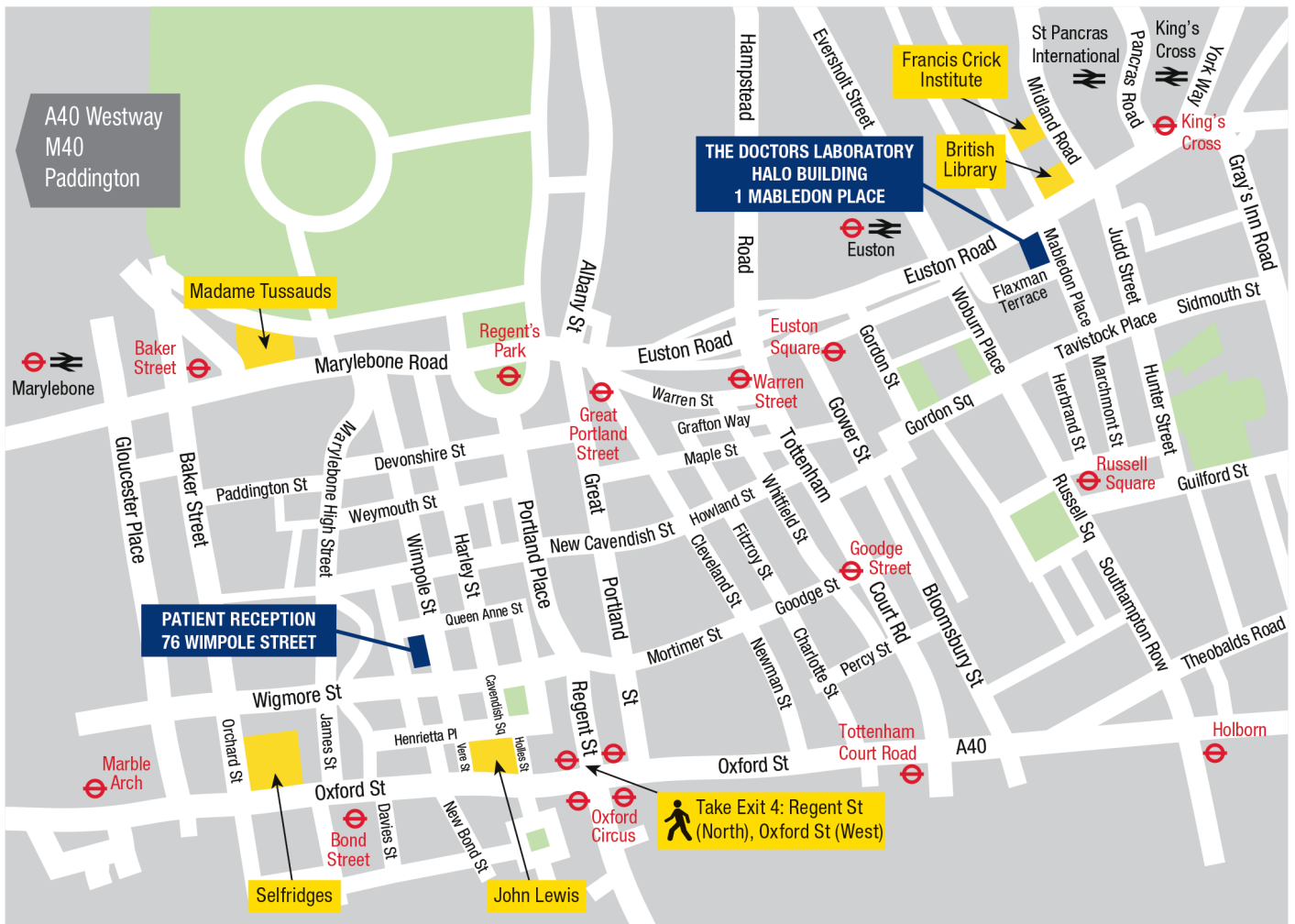
For 3 days prior to and during the collection you must avoid the following:

- Avocado
- Citrus fruit
- Grapefruit
- Bananas
- Dried fruit
- Pineapple
- Tomatoes
- Chocolate
- Eggplant / Aubergine
- Plums
- Walnuts
- Alcohol
- Caffeine (including tea and coffee)
- Gooseberries
- Kiwi fruit
- Melons
- Red currants
- All fruit juices

In addition, please abstain from the following medications:

- Acetaminophen
- Iodine solutions
- Muscle relaxants
- Antidepressants
- Fluorouracil
- Isoniazid
- Phenothiazine drugs
- Paracetamol
- Salicylate
- MAO inhibitors methocarbamol, mephenesin, guaifenesin

MUST BE COLLECTED ON ACID



**THE DOCTORS
LABORATORY**

PATIENT RECEPTION

76 Wimpole Street, London W1G 9RT
 Telephone: 020 7307 7383
 Email: patientreception@tdlpathology.com

OPENING TIMES

Monday to Friday 7.00am – 7.00pm
 Saturday 7.00am – 1.00pm
 Closed Sunday and public holidays

OUT OF HOURS SAMPLES

Out of hours samples can be dropped off at
 Patient Reception, 76 Wimpole Street
 London W1G 9RT
 Or at the main laboratory:
 The Halo Building, 1 Mabledon Place
 London WC1H 9AX