

5HIAA Collection

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about the 5HIAA Collection?

You have been given a container (a jug) for your timed urine collection. This jug may contain acid, a preservative, or nothing depending on the test ordered.

What do I need to avoid before beginning the test?

For three days prior to the urine collection, avoid

- tobacco
- tea
- coffee
- bananas
- pineapple
- tomatoes
- plums
- avocado
- walnuts
- eggplant

This 5HIAA Collection requires a 24-hour urine collection

How do I collect the 24 hour urine sample for the 5HIAA Collection?

- At the start of the urine collection period (generally the first urine in the morning), empty your bladder and discard this urine.
- Note the time.
- From this point on, put all urine in the jug provided until the end of the ordered time period. Store the jug in the refrigerator to prevent bacterial growth.
- At the end of the time period, empty your bladder and add the urine to the jug to complete the 24-hour urine collection test.
- Note the time.
- Make sure the jug is labeled with the correct identification information.
- Bring the jug and the request form to the lab as soon as possible.
- It is vital that the lab knows the exact collection time period, e.g. 12 hours or 24 hours.

For additional health information
contact the Health Information Center at (918) 494-1080