

Urine collection for 5HIAA



Information for patients Endocrinology

You have been asked to carry out a 24 hour urine collection for measurement of a hormone. For 48 hours prior to and during the collection, please **avoid** the following foods and other substances listed below as they may affect the results:

Avocados	Olives
Bananas	Chocolate
Tomatoes (fresh and tinned)	Alcohol
Plums	Tea
Walnuts	Coffee
Egg Plants (Aubergines)	Cough mixtures
Pineapples (fresh and tinned)	Drugs containing paracetamol
Kiwi fruit	

Please follow these instructions on how to collect your urine:

Obtain a 24 hour urine bottle that contains a preservative from your GP or from the Endocrine Investigation Unit, Royal Hallamshire Hospital.

1. Start the collection 48 hours after following the restrictions listed above.
2. On waking up, empty your bladder in the normal way then collect all urine passed for the next 24 hours. If you have been asked to collect 2 x 24 hour collections, once the first one is completed go straight onto the next one.
3. Please bring the collection with you to the Endocrine Investigation Unit or clinic.
4. Please be sure that the bottle is marked with your name and date of birth.

The bottle contains an acid so in case of spillage on your skin wash off with running water, and then seek medical attention.

If you have any concerns about this test please telephone the Endocrine Investigation Unit on:

- **0114 271 3714**

Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

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