

Collection Of A Urine Sample For HydroxyIndolylacetic Acid Test (dU-5HIAA)

For the test to succeed, it is important that you comply with your prescribed diet and the instructions about taking medicines given to you by your attending physician.

Doctor's / nurse's instructions: _____

Three (3) days before and during the collection, you must not eat red wine or eat avocado, pineapple, banana, kiwi fruit, plum, mold cheese, tomatoes, nuts or foods containing them.

If you have deviated from these instructions, please tell the recipient of the sample about it.

Urine preservative

You will receive 2 x 5 ml of hydrochloric acid as a preservative. This acid is poisonous and corrosive, and you must avoid splashing it onto the skin, eyes and clothes. Keep the preservative out of the reach of children.

Collection of the urine

Empty your bladder in the morning of the day of collection, e.g. at 7:15 o'clock. THIS URINE IS NOT COLLECTED, but you should record the time the collection started:

date _____ time _____

THE COLLECTION PERIOD STARTS FROM HERE. You should collect all of the urine that is excreted during the next 24 hours. Make sure that no urine is lost in connection with defecation. There must not be any faeces or paper in the sample container. After the first portion of urine, add 5 ml of preservative to the sample container. Then add another 5 ml at the middle or end of the collection period. If your urine output is very low (less than 1 dl), the second quantity of hydrochloric acid should not be added.

Keep the sample container closed and in a cool place protected from light until you bring it to the laboratory. The sample must not be frozen. Continue collecting the urine into another sample container, if necessary.

Empty your bladder into the sample container for the last time during the following morning at the same time you started the collection. Record the finishing time:

date _____ time _____

After the end of collection

For sample identification, it is important that you record your name, identity code and the times the sampling started and ended on a sticker and attach it to each sample container. The laboratory cannot analyse inadequately marked samples. Take all sample containers to the laboratory as soon as possible.

If you have any questions, please call the customer service: +358 9 471 86800 Mon–Fri 7:30–15:30 (laboratory test results will not be given by phone)

Patient instruction 23.02.2022