

# 5-HIAA Urine Collection

## Pathology and Laboratory Medicine Halifax Area

You must follow the special rules in this pamphlet.

Each requisition must have:

- › Your full name and date of birth
- › Your health card number
- › Your primary health care provider's (family doctor or nurse practitioner) full name and address
- › Start and end times and dates for each urine collection

## Instructions

- Your primary health care provider has given you a form to have this test done. This form is called a **requisition**. You will need to keep your requisition and **bring it to the drop-off site with your full collection bottle(s)**.
- Start when you have **2 days in a row** that are routine (you plan to get up at the same time and have no special commitments).
- When you get up, urinate (pee) as usual. **Do not** collect this specimen. This is your start time.
- If you miss any urine (pee) over the 24-hour period, **you must start a new 24-hour collection**.
- Use only the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic.
- Keep the bottle **in the fridge** between collections and after the last collection.
- Bring the filled bottle(s) to an approved drop-off site **as soon as you finish** your collection(s) (see the link on the back cover for sites).

## DAY 1

- Write your **full name and date of birth, health card number, and the start time and date** on the bottle label and requisition.
- When you get up, **urinate as usual. Do not collect this specimen (sample).** This is your start time.
- Collect **ALL** your urine from that day and night in the same bottle.

## DAY 2

- Get up at the same time as on DAY 1.
- Collect your 1<sup>st</sup> morning urine and add it to the bottle. This is your end time.
- Write your **end time and date** on the bottle label and requisition.

**If you need to do 2 back-to-back 24-hour urine collections:**

## DAY 2 (continued)

- Write your **full name and date of birth, health card number, and the start time and date (this is the same as the end time and date on the 1<sup>st</sup> bottle)** on the 2<sup>nd</sup> bottle label and requisition.

- The date and time should match the end date and time on your 1<sup>st</sup> bottle.
- Collect **ALL** of your urine in the 2<sup>nd</sup> bottle that day and night.

### DAY 3

- Get up at the same time as on DAY 2. Collect your 1<sup>st</sup> morning urine and add it to the 2<sup>nd</sup> bottle.
- Write your **end time and date** on the bottle label and requisition
- Make sure the collection bottle(s) is labelled with your **full name and date of birth, health card number, and the start and end times and dates.**

### Special rules

There are rules for your food and medications during the days before collecting urine for 5-HIAA.

**Do not stop taking any medication unless your primary health care provider tells you to.**



Talk about the following with your primary health care provider:

- **3 days** before collecting your urine, **do not eat or drink:**
  - › Alcohol
  - › Fruit
  - › Tomatoes
  - › Eggplant
  - › Avocado
  - › Nuts
  - › Mollusks (like squid, octopus, clams, mussels)
- **3 days** before collecting your urine, **do not take these medications:**
  - › Levodopa
  - › Methyldopa
  - › Monoamine oxidase inhibitors
  - › Ethanol
  - › Imipramine
  - › Isoniazid
  - › Reserpine, p-Chlorophenylalanine
  - › Acetanilide
  - › Phenacetin
  - › Methocarbamol
  - › Cisplatin
  - › Fluorouracil
  - › Melphalan
  - › Rauwolfia alkaloids
  - › 5-Hydroxytryptophan
  - › Glyceryl guaiacolate (an ingredient in some cough medicines)

**Do not** start to take your medications, eat the foods listed on the previous page, or drink alcohol until you finish collecting your 24-hour urine specimen.

## **24-hour access for drop-offs available in Halifax:**

QE II Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main floor, Mackenzie Building

Or drop off your specimen at your local lab. Check [www.nshealth.ca /laboratory-services](http://www.nshealth.ca/laboratory-services) for lab hours and addresses.

- › Phone: 902-473-2266
- › Email: [DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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