

10.1 URINE 5 HIAA PATIENT INSTRUCTIONS

5-hydroxyindoleacetic acid (5-HIAA) is the primary breakdown product of serotonin, a chemical substance that transmits messages between nerve cells. Serotonin helps to constrict blood vessels, participates in the wake-sleep cycle, and affects mood. Your doctor may request urine 5-HIAA and/or serotonin when you have symptoms such as flushing of the face, diarrhoea, and/or wheezing.

Before the test

Discuss with your doctor

- Some medications interfere with the measurement of 5-HIAA. If you are taking any medications, including non-prescription over-the-counter medications, cough syrups, nutritional supplements and complementary medicines, you should check with your doctor to see if any need to be temporarily withheld or changed to alternatives prior to the test. In particular, drugs used for treatment of depression, psychosis, anxiety, nausea, and migraines, might affect your test result. **DO NOT STOP ANY MEDICATIONS UNLESS INSTRUCTED TO DO SO BY A MEDICAL PROFESSIONAL.**

What food should I avoid?

- It is important that you **AVOID** certain foods or drinks that will interfere with the testing process.
- For 48-HOURS (2 days) **BEFORE AND DURING** the urine collection of a 24-hour urine specimen, **DO NOT** eat the following foods or any food or drinks containing:

Fruit	Vegetables	Nuts	Supplements
<ul style="list-style-type: none">- Bananas- Kiwifruit- Pineapple- Plums	<ul style="list-style-type: none">- Avocado- Tomato (including sauces and soups)	<ul style="list-style-type: none">- All nuts- Nut containing products such as peanut butter and biscuits or snacks containing nuts	<ul style="list-style-type: none">- Supplements containing serotonin

- For 24-HOURS (1 day) **BEFORE AND DURING** the urine collection of a 24-hour urine specimen, **DO NOT** drink beverages or eat foods containing **alcohol**.
- You will be given one sterile specimen collection container by your doctor or pathology collection centre.
- Write your full name and date of birth on the container.
- The bottle contains a preservative solution which ensures accurate test results.
- *DO NOT discard the solution in the specimen collection container, tip the bottle or allow the solution to come into contact with your clothing, skin or eyes and during the test.*
- *DO NOT urinate directly into the container as the preservatives used may cause injury.*
- *If you come into contact with the solution, rinse well with cool water.*

During the test

Day 1

- Empty your bladder first thing when get up in the morning but **DO NOT** collect this first urine. The first urine should be passed into the toilet and flushed as usual.
- Write the time of your first urination on the specimen collection container as **Date and Time Commenced**.
- All urine passed in the next 24 hours needs to be collected in the specimen collection container.

- To make collection easier, please use a clean disposable plastic container and once collected, pour the urine into the specimen collection container. Rinse the disposable plastic container in plain water after use.
- Swirl the container to mix the urine with preservative after each collection.
- Keep the specimen collection container in the refrigerator or a cool, dark place during collection.

Day 2

- Collect all urine up until 24-hours after the collection began. For example, if you commenced at 8:00 am Monday, the collection should continue to 8:00 am Tuesday.
- It is important to completely empty your bladder exactly 24 hours after the collection began and add this last urine to the collection bottle, even if you do not need to pass urine at this time.
- Write the time of your final urination on the specimen collection container as **Date and Time Completed**.
- Screw on the lid tightly and make sure that the container does not leak.
- Return the test request and specimen collection container as soon as possible after the last collection to your pathology collection centre. Collection centre locations are on the back of your request forms.

IF ANY URINE IS LOST OR CONTAMINATED WITH FAECES DURING THE TIMED COLLECTION, STOP THE COLLECTION. A NEW SPECIMEN COLLECTION CONTAINER WILL BE REQUIRED AS IT IS IMPORTANT THAT ALL URINE IS COLLECTED FOR EXACTLY 24 HOURS.