

URINE COLLECTION FOR 5-HIAA

You have been asked to collect your urine for 24 hours to check the levels of a hormone called 5-HIAA. This is a test used to see if your body is producing too much serotonin.

Instructions:

1. Go to the lab with the requisition slip (I give you) to pick up the jug to collect your urine (the jug may or may not have a preservative in it)
2. Pick a day when you will do the test – usually when you do not need to go out or go to work, because you will need to collect your urine in the jug for the entire day
3. Let's say you decide to do the test on Tuesday. When you wake up in the morning on Tuesday, **do not collect your first urine in the jug**. Instead, pee in the toilet, and discard (flush) this urine.
4. Then, for the remainder of the day (Tuesday for example), **collect all of your urine in the jug**.
5. Keep the jug with urine in the fridge.
6. Overnight, if you need to get up to pee, you should collect this in the jug as well.
7. When you wake up the next morning (Wednesday for example), **collect the urine from your first pee in the jug**. You are then done the test.
8. Drop the jug off at the lab as soon as you can.

In addition, it is important that you **do not drink more than 2 litres (8 cups) of fluid** on the day that you collect your urine.

Please avoid the following foods on the day of the test and for **3 days (72 hours)** prior to doing the test:

- Alcohol
- Caffeine (coffee, tea, pop/soda, chocolate, energy drinks)
- Nicotine (cigarettes or other sources)
- Avocados, dates, plums, pineapples, bananas, plantains, kiwi, cantaloupe, grapefruit, all types of melons, eggplant, all types of nuts, tomatoes
- Cold or flu medications, cough syrups, antihistamines
- Acetaminophen, found in Tylenol or other pain killers or cold/flu medications
- Aspirin (unless it has been prescribed for a heart condition by your doctor)
- Guaifenesin, often found in cough medications (such as Mucinex)
- Ephedrine, pseudoephedrine, or phenylephrine, often found in cold/flu medications (such as Sudafed)
- Methocarbamol, found in muscle relaxants (such as Robaxin, Robacet, etc)
- All herbal remedies
- Any supplements containing serotonin, tryptophan, or 5-HTP

Here is an example of urine collection:

means collect this urine in the jug

| | first pee in the morning | second pee | third pee | fourth pee, etc | overnight |
|-----------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Tuesday | discard | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Wednesday | <input checked="" type="checkbox"/> | discard | | | |