

# Information Sheet

## PATIENT INSTRUCTIONS – 24-HOUR URINE COLLECTION HYDROXYINDOLACETIC ACID / 5HIAA



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

### Background Information

A 24-hour urine collection with acid preservative is required.

The pathology collection centre will provide you with a container/ bottle to store and return your sample.

**WARNING** – Do not pass urine directly into this container / bottle as it contains Acid. Keep out of reach of children.

### Special Instructions

Walnuts, pineapple, red plums, avocado, eggplant, tomatoes and bananas should be avoided for 24 hours prior to and during the collection of the urine sample.

### Collection Instructions

1. It is suggested that your urine sample is collected initially into a plastic disposable container (an ice-cream container is ideal) and then transferred into the container/ bottle provided by pathology, holding container/ bottle on an angle and pour urine in gently, secure lid.
2. In the morning empty your bladder into the toilet. Do not save this urine specimen but record the time and date on the provided pathology container.
3. From this time on, save all the urine you pass for the next 24 hours up to and including the final specimen passed at exactly 24 hours after the time recorded on your pathology container / bottle. For example, if you emptied your bladder at 8 a.m. yesterday you are required to pass urine at exactly 8 a.m. today and this will be your final collection. You must record the time and date of this final collection on provided pathology container/ bottle.
4. The container / bottle must be stored in a cool place (refrigerate specimen if not returning to pathology shortly after completing collection) and return to Pathology as soon as possible on completion of collection.

### Pathology Collection

Angliss Hospital	-	9764 6493
Box Hill Hospital	-	9895 4905
Healesville Hospital	-	5969 9949
Maroondah Hospital	-	9871 3579
Tecoma Collection Rooms	-	9754 1441
Yarra Ranges Health	-	8706 9665 (Tues & Thurs morning only)

### Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site [www.easternhealth.org.au](http://www.easternhealth.org.au)  
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