24 HOUR URINE COLLECTION
CATECHOLAMINAS / 5HIAA

INFORMATION FOR PATIENTS

NOTE: This bottle can be used for the following tests: Catecholamines, 5HIAA, VMA, Noradrenaline, Adrenaline and Serotonin.

DIET: For 5HIAA and serotonin collection only. Diet NOT required for catecholamines. For 1 day prior to, and during the collection, it is preferable to avoid consuming the following foods as they may falsely elevate 5HIAA levels.

- Avocados  - Eggplant  - Kiwifruit  - Plums
- Bananas  - Figs  - Nuts  - Tomatoes
- Chocolate  - Grapes  - Pineapples  - Juices from any of these

URINE COLLECTION: At the beginning of the collection, empty your bladder and DISCARD THIS URINE. This time represents the beginning of the 24 hour period. Please print this time on the container.

Collect all urine passed over the next 24 hours and add this urine to the collection container and mix. At the end of the 24 hour period empty your bladder again and ADD THIS SAMPLE to the collection vessel.

IMPORTANT: A small quantity of acid preservative has been added to this bottle. DO NOT empty the bottle. Avoid contact with the neck of the bottle. If accidental contact does occur, wash the affected area liberally with water. DO NOT pass urine directly into this container. Pass urine first into another washed and dried container and transfer immediately into the preservative.

This container should be stored in a cool place during collection.

Before returning the container, please ensure that you have recorded on it:

1. NAME of Patient.
2. TIME and DATE of commencement.
3. TIME and DATE of completion.

Please return the SAMPLE and REQUEST FORM together, as soon as possible after the completion of the collection. If you have any queries regarding the collection, please contact SydPath Specimen Processing on 8382-9114.

29th March 2006 (Graham Jones)