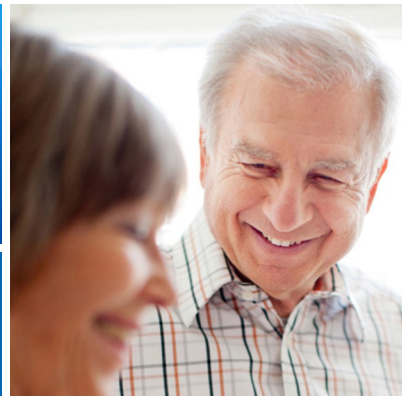


Urine test – 24 hour collection: 5-HIAA analysis



Your doctor has asked you to have a test for which you need to collect your urine for 24 hours. This fact sheet describes the purpose of the test, what it involves, and the collection steps.

What is this test for?

It is used to detect certain illnesses.

What does this test involve?

It consists of collecting all your urine in a container for 24 hours. The urine collected is used to measure certain elements to:

- make a diagnosis
- decide on a treatment (if needed)
- monitor your health status

Where do I get a container?

Go to the CHUM Test Centre between 7 a.m. and 2:30 p.m., Monday to Friday. Bring your doctor's prescription with you.

The orange container you will be given is **the only container accepted** for this test.



How do I prepare for the test?

Two days before and during the entire 24- hour collection period, you must:

- Not take any drug that contains guaifenesin (glycerol gaiacolate). Several cough syrups contain it. Ask your pharmacist for advice.
- Not take acetaminophen (e.g. Tylenol), phenothiazine, or levodopa.
- Avoid the following foods: almonds, pecans and other nuts, pineapple and pineapple juice, eggplant, kiwi, avocado, banana, plantain, plum, tomato and tomato products (tomato juice, V8, ketchup, etc.).

How do I collect the urine?

- 1 On the container label, write:
 - your first name
 - your family name
 - the number of your RAMQ health insurance card

2 Urinate in the toilet and empty your bladder completely. Immediately **write the date and time on the label** of the orange container. This is the start of the collection, even if you haven't yet put any urine into the container. The 24-hour countdown begins.

3 Put all the other urine from the next 24 hours (day, evening and night) into the orange container. To do this, urinate into a clean, dry container and then pour the collected urine into the orange container. **Don't urinate directly into the orange container.** You risk burning yourself with splashes of the preservative.



ATTENTION

If you use the same container each time to collect your urine, rinse it **only with hot water**. Don't use soap, as this would distort the result of your test.

4 The next day, at the exact time the collection started, you must collect your urine one last time. **Important:** Do it even if you don't feel like urinating. **Write the date and time on the label.** This is the end of the collection.

Example of a collection

If collection begins on December 8 at 11:25 a.m., it should end on December 9 at 11:25 a.m. It doesn't matter what time you start. You only have to respect the 24 hour period.

Are there any precautions to take during the collection?

- > **Keep the orange container in the refrigerator** throughout the collection.
- > Put **all urine** produced during the 24 hours into the orange container. Otherwise, the data collected will be incomplete. You will then have to start collecting all over again.
- > Be careful not to contaminate your urine with stool or toilet paper.

What should I do once the collection is complete?

You have **24 hours** to return your clearly identified orange container to the CHUM Test Centre between 7 a.m. and 2:30 p.m., Monday to Friday. **Don't forget to bring your doctor's prescription.** Your doctor will give you your test results at your next visit.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal chumontreal.qc.ca