

Information for patients and carers

24-Hour Urine Collection for 5-HIAA

Introduction

This leaflet explains the procedure for collecting a 5-Hydroxyindoleacetic acid (5-HIAA) 24-hour urine collection.

Why is this test carried out?

If a hormone called serotonin is produced in excess, it can cause a number of symptoms. These include diarrhoea, flushing of the skin, wheezing, loss of appetite and weight loss. Measuring the amount of 5-HIAA in the urine can help your doctor decide on the correct diagnosis or treatment.

What is 5-HIAA?

When serotonin is broken down in the liver, it is excreted as a chemical in the urine called 5-HIAA. Your urine will be collected over a 24-hour period to check whether there are raised levels of 5-HIAA.

What do I need to do before the test?

Some foods contain serotonin and can increase 5-HIAA levels. Do not eat bananas, pineapple, tomatoes, plums, aubergines, kiwi fruit, avocados or nuts for 3 days before and during the collection.

Other substances to avoid include any products that contain paracetamol, caffeine, cough medicines that contain ephedrine or glyceryl guaiacolate, nicotine, aspirin and alcohol. These should be avoided prior to and during the urine collection. A variety of drugs can also interfere with the test. These include Phenobarbital, Valium, Imipramine, Levodopa, MAO inhibitors, Heparin, Isoniazid, Methyldopa and Tricyclic Antidepressants.

Before starting the test, you should inform your doctor of any medications you are currently taking and before decreasing or discontinuing any medications.

You have been provided with:

- A 24-hour urine bottle containing 100ml hydrochloric acid
- Black plastic bag

It is vital to protect the urine sample from light at all times by keeping the container in the black plastic bag provided. If the sample is not protected from light, we cannot test the urine. The urine collection may then have to be repeated.

The urine containers contain a dilute acid preservative. This should not be emptied or washed out. Contact with skin should be avoided. Always ensure that the lid is put on tightly and keep the container away from children. Do not pass urine directly into this container.

In the event of accidental contact with skin, wash the contact area well with water. If irritation persists seek medical advice. If contact with the eye occurs irrigate the area with water and seek medical advice. If swallowed, wash out thoroughly with water and drink plenty of water. Seek medical advice and take the container and this notice with you. In case of spillage mop up carefully wearing rubber gloves.

How do I collect the urine?

When you wake up on the day of collection (for example at 7 a.m.) pass all urine down the toilet. Do not collect this urine.

Collect all the urine that you pass during the next 24 hours into the container. Store the container in a cool place in the black plastic bag provided during and after the collection. It is important that all the urine passed during the 24 hours is collected. If you do not collect all the urine the results will not be valid.

The following morning (for example at 7 a.m.) empty the bladder completely. This urine is also collected into the container.

Cap the container tightly and place it in the black plastic bag. It is essential that the container is fully labelled. This should include your name, date of birth, and the date and times of the start and end of urine collection.

Please do not put your request form inside the black plastic bag.

What do I do with the urine sample?

Return the urine collection to the Pathology Laboratory at the Royal Preston Hospital (**01772 522607**) or Chorley & South Ribble Hospital (**01257 245255**). Please return the sample on the morning that you complete the collection.

How will I get the results?

The result will be sent to the doctor who asked for you to be tested.

Contact details

If you have any questions about the process of collecting a 24-hour urine, please contact the Clinical Biochemistry department on **01772 522607** between 9am and 5pm.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

www.labtestsonline.org.uk

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

Department: Clinical Biochemistry / Pathology

Division: Diagnostics and Clinical Support

Production date: September 2025

Review date: September 2028

JR 1369 v1