

**5'HIAA, 24 HOUR URINE**

<b>Document number</b>	LA-75-WI-150E_07.60
<b>Revision date</b>	2019-Feb-20
<b>Required Specimen Type</b>	24 hour urine specimen
<b>Medical Supplies</b>	<ul style="list-style-type: none"> <li>• One (1) 24 hour urine container <b>without</b> preservative</li> <li>• CDL to add preservative 25ml of 6N HCL.</li> </ul>
<b>General Guidelines</b>	<ol style="list-style-type: none"> <li>1) All specimens must include a double identification (first and last name of the patient and date of birth or medicare number).</li> <li>2) The use of gloves is required when handling all biological specimens.</li> <li>3) A valid requisition must include the following information :             <ul style="list-style-type: none"> <li>• First and last name of the patient, date of birth or medicare number and gender.</li> <li>• Date and time of specimen collection and signature of collector.</li> <li>• Physician's full name, signature and license number (or other qualified prescriber).</li> <li>• Any relevant clinical information.</li> <li>• Requested tests.</li> </ul> </li> </ol>
<b>Patient Preparation</b>	<ol style="list-style-type: none"> <li>1) During the 24 hour collection period drink the usual amount of liquids normally consumed on a daily basis;</li> <li>2) Urine container should be kept refrigerated throughout the collection period and this until the sample is returned to the laboratory.</li> <li>3) Maintain normal daily activities while avoiding the following items for a period of 48 hours prior to and during collection time of specimen:  <b>Nuts, pineapple, eggplant, avocado, kiwi, banana, plum, tomato.</b></li> <li>4) Avoid any medication, over the counter drugs and herbal remedies at least 72 hours prior to specimen collection.</li> <li>5) Resume normal diet after the specimen is collected.</li> </ol> <p style="text-align: center;"><b><u>Patients should consult their health care professional for any questions and before discontinuing any medications that may affect testing.</u></b></p>
<b>Specimen Collection Instructions</b>	<ol style="list-style-type: none"> <li>1) Obtain one 24 hour urine container (without preservative) from your doctor or the laboratory.</li> <li>2) Day 1 :             <ul style="list-style-type: none"> <li>▪ First thing in the morning, completely empty bladder and discard this first urine sample. This first voiding is the start time of the 24 hour urine collection. After the first voiding, collect all urine for the next 24 hours in the container without preservative.</li> <li>▪ The 'exact' start time and date must be indicated on the container and the requisition (example: 07:10, 2016-APR-29);</li> <li>▪ Collect <b>ALL</b> urine samples in the container from the day, evening and night for a 24 hour period;</li> <li>▪ Keep refrigerated during collection;</li> </ul> </li> <li>3) Day 2 :             <ul style="list-style-type: none"> <li>▪ Collect the last urine sample exactly 24 hours later (example: 07:10 2016-APR-30).This completes the 24 hour period;</li> <li>▪ The 'exact' end time must be indicated on the container and on the requisition;</li> <li>▪ Close the container tightly;</li> </ul> </li> <li>4) Indicate the total volume on the requisition (see side of container);</li> <li>5) The sample should be returned to the laboratory as soon as possible.</li> </ol>
<b>Additional Information</b>	N/A
<b>Specimen Conservation and Stability<sup>1</sup></b>	10 days refrigerated (with preservatives)

<sup>1</sup> Reference: Clinical guide to laboratory tests, Norbert W. Tiez, Third Edition, 1995, page 348.