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## PATIENT INSTRUCTIONS FOR COLLECTING 24 HOUR URINE FOR 5H1AA

### PLEASE READ THIS CAREFULLY BEFORE STARTING THE TEST

Testing urine may sometimes be helpful in seeing what is being produced in your body or how your kidneys are working. We often collect urine for a 24 hour period. This means collecting all urine for 1 day and 1 night so please arrange the most suitable time for yourself. Your bladder may store urine for long periods (eg: overnight) hence it is important that you start and finish the test with an empty bladder by following the procedure.

The urine bottle has a watery 'preservative' inside this must not be thrown out. **The preservative may be harmful to skin, please collect all urine into a separate container** (eg: jug) and then carefully tip all urine into the bottle.

### PROCEDURE

1. The following foods must be avoided for 3 days prior to and during the test: bananas, avocados, red plums, tomatoes, eggplants, aubergines, chocolate, walnuts, kiwi fruit, and pineapple.
2. At the starting time (eg: 9am) pass urine into the toilet, **do not collect this urine**. Now enter this time and date onto the label on the bottle where it is marked 'START'.
3. Collect all the urine you pass into a clean jug and carefully top this into the urine bottle. Continue to collect all urine until exactly the same time on the following day this will be the finishing time. If you miss or lose a urine sample you must start the test again with a new urine container with preservative.
4. At the finishing time pass all the urine you can and add this to your urine bottle. Now enter the time and date onto the bottle where it is marked 'FINISH'.
5. Place the 24hour urine container into the clear plastic bag marked 'BIOLOGICAL SUBSTANCE CATEGORY B'. Remove the tape strip, fold along perforation and seal transport bag firmly.
6. Take the completed urine collection and the 'Request Form' that the doctor will have given you to your GP surgery or to the Pathology Department which is situated on the 3<sup>rd</sup> Floor of the North Wing at the above address.