

Directorate of Laboratory Medicine:
Department of: Clinical Biochemistry
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URINE COLLECTION INSTRUCTIONS FOR HIAA

INDICATION: This test is used in the investigation of unexplained flushing to exclude carcinoid syndrome.

PROCEDURE:

1. The patient should be advised to avoid the foods and other substances listed below as they may interfere with the result.
 - Avocados
 - Bananas
 - Tomatoes (fresh and tinned)
 - Plums
 - Walnuts
 - Aubergines
 - Pineapples (fresh or tinned)
 - Cough mixtures
 - Painkillers, especially those containing Paracetamol
2. Patients should be advised to obtain a 24 hour urine bottle that contains a preservative from their GP surgery, Laboratory Medicine at York Teaching Hospital or Pathology at Scarborough Hospital.
3. Patients should be instructed to start the collection 48 hours after avoiding the restricted items mentioned above.
4. The patient should be instructed that on a chosen day they should empty their bladder on waking in the normal way and then collect all urine passed up to and including the first urine passed on the following day.
5. Once complete the patient should return their 24 hour urine bottle to their GP surgery, Laboratory Medicine at York Teaching Hospital or Pathology at Scarborough Hospital.