

24-hour urine test for carcinoid syndrome (5HIAA)

Information for patients

Your doctor has requested a urine test to look for a naturally occurring chemical called '5HIAA'. This is a test used to diagnose carcinoid syndrome.

The test requires you to collect all the urine you pass for a full 24-hour period. During this time you may go about your normal day-to-day activities, but it may be easier to choose a day when you are not planning to go out. There is no need for you to drink any more than you would do normally however it is extremely important that **all** the urine you pass during the 24 hours of the test is collected in the bottle given to you by your doctor.

What do I need to do to prepare for the test?

Several foods can interfere with the results of the test. These foods should be avoided for at least 24 hours before starting the urine collection, as well as for the duration of the test itself.

The foods to be avoided are the following:

<i>Avocado</i>	<i>pineapple</i>	<i>tea</i>	<i>walnuts</i>
<i>aubergine</i>	<i>plums</i>	<i>kiwi fruit</i>	<i>hickory nuts</i>
<i>banana</i>	<i>coffee</i>	<i>tomatoes</i>	<i>pecan nuts</i>
<i>plantain</i>			

Please do not smoke or use nicotine containing products whilst you are completing the urine collection.

Some medicines can also affect the test results; however **DO NOT** stop any of your medications unless specifically instructed to by your doctor. Please let your endocrinologist know if you are taking any of the following which may need stopping 3 days prior to the test:

<i>Aspirin</i>	<i>Cough mixtures containing guaifenesin</i>
<i>Paracetamol</i>	<i>Supplements containing 5HTP (5-hydroxytryptophan)</i>
<i>Isoniazid</i>	<i>Sulfasalazine</i>
<i>Imipramine</i>	
<i>Chlorpromazine</i>	

How do I do the test?

During the test it is important that the collected urine is stored in a cool place away from any direct heat source.

- On the first morning, urinate into the toilet as soon as possible after you get out of bed.
- You should then collect all the urine you pass during the remainder of the day.
- You may find it convenient to collect the urine into a clean, wide necked beaker and then transfer it from the beaker to the urine collection bottle after each individual collection is made. If you pass urine overnight, remember this must be collected too.
- On the second morning you should collect the urine you pass after getting out of bed.
- At this point the test is complete, and no more urine is required.

The 5L urine container

Please note an acid preservative has been added to the urine container. Please take care to **avoid contact with the skin**. If contact with the skin occurs wash immediately with water. If you accidentally spill or forget to collect any urine in the container from the clinic you will need to start the test again. It is better to begin the test again rather than obtain an inaccurate result.

Ensure that the urine sample bottle is clearly marked with the time and date of the collection and when the sample was completed. Please return your urine sample to your doctor or back to the metabolic unit as soon as possible so it can be sent for testing without delay.

If you have any further questions or concerns, please contact a member of the nursing team on our direct line 0131 537 2473.

When will I receive my results?

It may take 4-6 weeks to have the results of the test back. Your endocrinologist will be in touch with the results.