HYDROXYINDOLEACETIC ACID FROM A 24-HOUR URINE SAMPLE

The test is used for the investigation of metabolic diseases, among other things. The consistency of urine changes during the day, which is why the collection period lasts 24 hours.

Preparation

You should not take medicines that affect serotonin metabolism for three days before and during the urine collection. Consult your attending physician about the discontinuation of medication beforehand.

Avoid the following foods for three days before and during the blood test: **avocado, banana, plum, kiwi, pineapple, grapefruit, melons, date, aubergine, tomato, tomato products, blue cheese and nuts**.

Changes in urine during storage

Changes occur in urine during storage. They are a result of chemical reactions and bacterial effects. Make sure to seal the collecting containers tightly during and after collection. **Store the collection container at refigerator temperature** (+2ºC – +8ºC).

The preservative is toxic

The preservative used is **2 x 5 ml 6 mol/l of hydrochloric acid**. Hydrochloric acid is added to the collecting container two times: one tube at the start of collection and the other tube in the middle of the collection period. Mix the collecting containers well after each urine batch.

Hydrochloric acid is toxic and must be kept away from children. If hydrochloric acid gets onto the skin or in the eyes, rinse immediately with lots of water. The eyes must be rinsed for at least 15 minutes. Contact a physician or an eye specialist immediately. If hydrochloric acid has been swallowed, drink immediately max. two glasses of water. Do not try to vomit. Contact the Poison Information Center or a physician immediately.

Start of collection

Empty your bladder. This urine is **not collected**. Write down **the collection start time to an accuracy of one minute**.

_____/_____ 20_____at _____:_____

Collect all urine excreted after this point of time into the collecting container.

End of collection

Empty your bladder for the last time **exactly 24 hours after** the start of collection. This is the last batch of urine to be collected. The sample collection ends here. Write down the time of the last urine batch **to an accuracy of one minute**.

_____/_____20_____at_____:_____

The name tag is necessary for identifying the sample

Stick a label on to the container. Write on it your

- name
- social security number
- start and end of collecting (dates and times to an accuracy of one minute)

Store the container at refrigerator temperature. Deliver the collecting containers to the laboratory as soon as possible.

Further information

For more information, please contact the customer service of Fimlab Laboratoriot Oy, tel. 010 808 515 on weekdays from 7 a.m. to 4 p.m.