

Patient information

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This information can be provided in a different language or format (e.g. large print, Braille or audio version) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence.

24-hour urine collection for catecholamines/5-HIAA

What is the purpose of this test?

Your doctor has requested the measurement of substances named Catecholamines and/or 5-HIAA in a 24-hour urine sample. This may be because you have had persistent or recurring high blood pressure and/or symptoms such as headaches, sweating, flushing, and rapid heart rate.

Catecholamines may be secreted from tumours of the adrenal gland (a gland above your kidney) and are usually benign in nature. 5-HIAA may be secreted from some tumours in the gut.

This test may also be used to help determine the significance of some findings on imaging.

Important points to note before proceeding:

- It is important that an accurate collection is made of all urine you pass in a 24-hour period.
- Please ensure that the urine container you have been given has the correct information on the label. If your details have not been recorded, please write your name, hospital number (if you know it) and the name of your GP or Hospital on the label.

PLEASE NOTE THAT YOUR SAMPLE WILL NOT BE TESTED UNLESS THIS INFORMATION IS COMPLETED.

- Please avoid the following foods which can interfere with the test for three days before and during urine collection:

avocados	pineapples
bananas	kiwi fruit
tomatoes	walnuts
plums	aubergines

- Please also avoid taking paracetamol and any 'over-the-counter' cough medicines which contain guaifacinate. (Note for clinical staff: If the patient is taking any of the drugs above and they cannot be stopped for clinical reasons, please note the drug and dosage information on the request form. This will help with the interpretation of the information if any anomalies are observed).
- Do not empty out any liquid or powder that may already be in the urine container.

CAUTION: this bottle contains acid to preserve the urine. If splashed on skin wash thoroughly with large amounts of water. If splashed in eyes wash thoroughly with water for 10 minutes and obtain medical attention. Please store safely away from children.

You may find it more convenient to pass urine into a small clean container and transfer the urine into the larger collection container

Please ensure that the urine is kept in a cool place at all times during the collection period.

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Procedure

- 1 When you get up on the first morning of the collection, empty your bladder completely into the lavatory. Do not collect this sample, however write the exact date and time then on the urine container label under the heading 'COLLECTION START'.
- 2 Collect all the urine you pass after this time into the larger urine container provided. All urine passed during the 24-hour period (day and night) must be saved. Urine passed during bowel movements must also be collected.
- 3 Don't forget to store the collected urine in a cool place.
- 4 When you get up on the second morning (at exactly the same time as the previous morning), empty your bladder again and add this sample to the collection container. Write the exact date and time on the urine container label under the heading 'COLLECTION FINISH'.
- 5 Take the 24-hour urine collection as soon as possible (the same day the collection finishes) to the Pathology Department at Basildon Hospital or Blood tests area at Orsett Hospital.
Do not start the collection on a Friday or Saturday.

How do I get the result?

The result will be sent to your doctor who will normally receive it approximately one week after the test. For reasons of confidentiality the laboratory is not allowed to give the result to you.

If you need any more information, please telephone the laboratory on 01268 524900 extension 3025/3029 or ask your GP.