

Test Kit Instructions

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Viva Health
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Instructions for 24-hour urine collection for 5-hydroxyindoleacetic acid (5HIAA)

A 24-hour urine collection period is required to ensure accuracy in results.

You will need:

- 24hr Urine Container with Acid (see below)
- Sample request form (Provided)
- Absorbent pad (Provided)
- Clear sample bag (Provided)
- Large clean container to collect urine passed.

Important Safety Instructions

Caution: 24hr Urine Container contains 10ML hydrochloric acid – Keep Upright and Out of the Reach of Children

- Keep the bottle upright in a safe place.
- Do not empty the bottle or touch the liquid.
- Collect urine into a separate container first, then transfer to the bottle without splashing.
- Close the lid when not in use.
- If you come into contact wash with copious amounts of water and seek medical attention.
- Avoid inhaling fumes.

DIET: within 48 hours prior to the assay, avoid consuming bananas, chocolate, dried fruit, citrus fruit, avocados, tomatoes, plums, kiwis, pineapples and molluscs.

Urine collection instructions:

1. When you wake in the morning empty your bladder and discard this urine.
2. Using a separate clean container collect urine passed for the following 24 hours including the following morning's first passed urine, and each time carefully transfer this to the 24hr Urine Container. Replace the cap and carefully mix the container after adding each urine sample.
3. Label the 24hr Urine Container with:
 - **Full name (First name and last name)**
 - **Sample collection dates with start and finish times**
 - **Date of Birth**
 - **Home post code**
4. The sample should be returned to the laboratory by the quickest available method.

Returning the sample:

1. The sample is unsuitable for postal return.
2. Ensure that you include the completed test request form with the sample.

IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the urine container. These **MUST** match the sample request form received with this sample.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.